

*The University Library
Leeds*

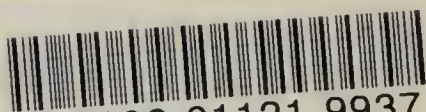


LEEDS UNIVERSITY LIBRARY

Classmark:

COOKERY

A FAM



3 0106 01121 9937





THE
FAMILY HAND-BOOK.

h
2

THE
FAMILY HAND-BOOK;
OR
PRACTICAL INFORMATION
IN
DOMESTIC ECONOMY;
INCLUDING
COOKERY, HOUSEHOLD MANAGEMENT,
AND ALL OTHER SUBJECTS CONNECTED
WITH THE
HEALTH, COMFORT, AND EXPENDITURE
OF A FAMILY:
WITH A COLLECTION OF
CHOICE RECEIPTS AND VALUABLE HINTS.

NEW EDITION, REVISED.

LONDON:
JOHN W. PARKER, WEST STRAND.

M. DCCC. XLV.

LONDON:
HARRISON AND CO., PRINTERS,
ST. MARTIN'S LANE

LONDON

1848

76240

P R E F A C E.

THE object of the present work is to afford such directions respecting the management of a household, as will combine economy with comfort,—the main characteristic of an English home. Every well-regulated family knows how desirable this kind of information is for its general happiness; whilst daily observation proves that “no money is better spent than what is laid out for domestic satisfaction.”

The means by which such information is conveyed in the following pages will, it is hoped, be found simple and straightforward. As system is the main-spring of success, attention has been paid to the arrangement of the several duties for easy reference. The instructions are brief, yet plain and practical; for, the utility of such knowledge having been long since established, it remained only for the Author of this volume to adopt the readiest mode of conveying the same to the reader.

Throughout the work, the importance of careful expenditure has not been lost sight of; for, it has been well observed, that “if our expenses were laid out rather in the necessities than in the superfluities of life, there might be fewer wants, and even fewer pleasures, but infinitely more happiness.”

The several opportunities of attaining completeness by improvements upon past experience, have not been neglected. Errors in management, and mistaken notions of saving in daily practice, have been carefully pointed out, and the best means recommended for their avoidance; whilst new facts in the useful arts, and the best practical inventions of the day, have been especially regarded in each department of the subject.

The early portion consists of Instructions for Purchasing, Curing, and Storing Provisions; together with Hints for the accomplishments of managing “a Dinner Party,” Carving, &c.

The next division comprises **COOKERY**; commencing with the rudiments of the art; as boiling, roasting, broiling, frying, stewing, and baking. These are followed by Instructions for Dressing the several Articles; as Fish, Meat, Poultry, and Game. Next are Directions for making Soups, Gravies, Sauces, and Salads; for Vinegar-making and Pickling; and Dressing Vegetables, the latter a branch of cookery which is but imperfectly understood in this country. Then follow Instructions for making Puddings, Pies, and Pastry; for Sweet Dishes and Preserves; Cakes and Bread.

The section “Cookery for the Sick,” comprises the most approved Recipes for Candles, Jellies, Broths, and similar preparations for the chamber of the invalid.

“Cookery for the Poor” includes recipes for Soups, Stews, and Puddings, in which equal regard is paid to the nourishing quality of the articles, and the smallness of their cost; so as to enable persons of moderate income to afford much comfort to their poor neighbours during inclement seasons and times of want. The distribution of provisions instead of money, to the necessitous, is one of

the most beneficial modes of charity ; for, “the very poor are always the worst economists.”

“The Dairy” includes the management of Cows; the making of Butter and Cheese; and the best method of keeping Poultry, Pigs, and Bees.

“Home-Brewing” and “Wine-making,” contain the best recipes for Brewing Beer upon a scale suited to private families, and for manufacturing Wines from British fruits, with some hints for remedying the usual defects in the latter process. To these sections are added recipes for Liqueurs, Light Beverages, &c.

The “Miscellaneous Recipes” comprise tried Recipes for Dyeing, Washing, and Scouring articles of Clothing and Furniture; and for the general routine of House-cleaning.

The “Domestic Remedies” consist only of such plain Instructions for the Preservation of Health and Recovery from Casualties as have received the sanction of professional men; and these remedies are only recommended in those slight cases in which there is no necessity for having recourse to medical or surgical advice.

“The Garden” section comprises a few recipes of everyday use, and hints for the management of Plants within doors. And the closing section, “The Stable,” is occupied by Directions for the Management of a Horse, and the general business of the stable-yard.

To the work is appended a copious Index, with generally *two references* to every hint, direction, rule, and recipe throughout the volume; by glancing at which, an estimate may be formed of the variety of information which the Author, by equal attention to brevity and clearness of explanation, has been enabled to collect within the moderate compass of the present volume.

Cookery-books have been much condemned for their

profession of saving, yet encouragement of expensive habits, so as almost to justify the remark: that "economy is an excellent lure to extravagance." It need scarcely be added, that all expensive modes of Cookery have been purposely omitted as foreign to the purpose of this work; the object of which is not to furnish a system of luxurious living, but to show with what attention to instruction and practice the health, comfort, and economy of a family may be ensured.

London, 1838.

CONTENTS

| | Page |
|--|------|
| DOMESTIC MANAGEMENT | 1 |
| Economy in Expenditure | 2 |
| Books and Accounts | 2 |
| Servants | 2 |
| Keeping late Hours | 3 |
| ECONOMICAL HINTS | 4 |
| Bread | 4 |
| Fires, Stoves, &c. | 4 |
| Water and Steam | 5 |
| Metal Kettles, and other Vessels | 5 |
| Crockery and Glass | 6 |
| Floorcloths and Mats | 7 |
| Kitchen Cloths | 7 |
| Washing | 8 |
| Substitutes for Soap | 8 |
| Beds and Bed-rooms—Plants—Keys of Street Doors | 9 |
| MANAGEMENT OF A DINNER. | 10 |
| INSTRUCTIONS FOR CARVING | 14 |
| Joints of Meat | 16 |
| Fish | 17 |
| Meat | 18 |
| Poultry and Game | 22 |
| MARKETING | 26 |
| Choice of Articles—Fish | 26 |
| Meat | 30 |
| Poultry and Game | 33 |
| Eggs, Butter, and Cheese | 36 |
| Vegetables | 37 |
| Fruit | 42 |
| Covent-Garden Measures | 48 |
| Grocery | 49 |
| Miscellaneous Articles | 50 |

| | Page |
|---|------|
| ARTICLES IN SEASON THROUGHOUT THE YEAR. | 52 |
| CURING FISH | 56 |
| CURING MEAT | 58 |
| STORING FRUIT AND VEGETABLES | 67 |
| Gathering Fruit | 67 |
| Keeping Fruit | 67 |
| Keeping Vegetables | 71 |
| To dry Herbs | 75 |
| Useful Plants | 76 |
| Packing Fruit and Vegetables | 79 |
| COOKERY | 80 |
| Rudiments of Cookery | 80 |
| Boiling | 81 |
| Roasting | 83 |
| Broiling | 85 |
| Frying | 86 |
| Stewing | 87 |
| Baking—Larding—Glazing—Braizing | 88 |
| Blanching | 89 |
| Danger from Copper Saucepans | 89 |
| Fish, to dress | 90 |
| Meat, to dress | 110 |
| Venison | 112 |
| Beef | 114 |
| Veal | 126 |
| Mutton | 135 |
| Lamb | 141 |
| Pork | 143 |
| Poultry and Game | 151 |
| Trussing | 151 |
| To dress Poultry and Game | 155 |
| Soups | 171 |
| Gravies | 191 |
| Sauces | 193 |
| Store Sauces | 203 |
| Salads | 208 |
| Cheese and Butter | 213 |

| | |
|---|------|
| COOKERY— <i>continued.</i> | Page |
| Vinegar-making | 215 |
| Pickling | 218 |
| Vegetables, to dress | 224 |
| Puddings | 238 |
| Pies and Pastry | 252 |
| Savoury Pies and Patties | 257 |
| Fruit Pies and Tarts | 267 |
| Sweet Dishes | 273 |
| Preserving Fruits | 283 |
| Cakes and Bread | 292 |
| Making Bread | 302 |
| COOKERY FOR THE SICK | 308 |
| COOKERY FOR THE POOR | 316 |
| THE DAIRY—Butter | 320 |
| Cheese-making | 337 |
| MANAGEMENT OF POULTRY AND PIGS | 345 |
| MANAGEMENT OF BEES | 350 |
| HOME-BREWING | 356 |
| HOME-WINE-MAKING | 368 |
| LIQUEURS, BEVERAGES, &c. | 384 |
| MISCELLANEOUS RECIPES | 397 |
| Dyeing, Washing, Scouring, and House-cleaning | 397 |
| DOMESTIC REMEDIES | 418 |
| THE GARDEN | 431 |
| THE STABLE | 435 |
| HINTS for the PRESERVATION of HUMAN LIFE from FIRE | 438 |

DOMESTIC MANAGEMENT.

DOMESTIC MANAGEMENT, or the economy of household affairs, is nowhere better understood and practised than in England: hence, domestic comfort is better enjoyed here than in any other country, and the happiness of an English home has become proverbial throughout society.

The superintendence of a house and family is one of the earliest and most important duties of a wife and mother. Accordingly, the acquirement of the requisite knowledge deserves her earliest attention, if she would excel in diffusing happiness around her. As it does not form a portion of her education at school, it becomes a kind of after-education, to be perfected in practice, as she rises from the tender years of girlhood to the experience of womanhood. Her progress in this knowledge may be slow; but, if guided by regularity, it will be sure; while that which is acquired in haste will allow but of little improvement at leisure.

To point out the best means of acquiring this end is the purpose of the following pages: and it is hoped that through acquaintance with their contents, the reader may become familiarized with the best rules for the management of a house and home, or what is usually termed Domestic Economy.

Of this art, the leading branch is the system of providing for a family upon the most advantageous terms. This includes the choice of provisions, their seasons of perfection, and their marks of excellence; all which are important points in the expenditure of an income, however large or small.

On the general management of a household we may first say a few words.

ECONOMY IN EXPENDITURE.

Economy should be the first point in all families, whatever be their circumstances. A prudent housekeeper will regulate the ordinary expenses of a family according to the annual sum allowed for housekeeping. By this means, the provision will be uniformly good, and it will not be requisite to practise meanness on many occasions, for the sake of meeting extra expense on one.

The best check upon outrunning an income is to pay bills weekly, for you may then retrench in time. This practice is likewise a salutary check upon the correctness of the accounts themselves. In well-regulated families, the butcher's, baker's, cheesemonger's, greengrocer's, fishmonger's, milkman's, and washing-bills, are mostly settled weekly, unless there be any specific arrangement to the contrary, as for washing, which is sometimes paid quarterly.

BOOKS AND ACCOUNTS.

Housekeeping Books, with printed forms for the various heads of expenditure, and the several articles, are used in many families ; but accounts may be kept with as much certainty in plain books. There are likewise printed Cellar-books, showing the wine drunk, and in the cellar, in each week and month of the year.

Tradesmen should be required to send bills with all articles ordered or purchased ; and the first business of the person who receives the goods should be to examine them, and see that they correspond with the quantities charged in the bill.

The advantage of settling bills at a short date cannot be too strongly impressed upon the mind of the young housekeeper. Long credit must prove pernicious to both parties ; for, in proportion to the time which the tradesman has to wait for the payment of his account is the favour he may expect in the examination of the items : besides, the correctness of a bill of old date is not in general easily to be ascertained.

SERVANTS.

Do not speak harshly or imperatively to servants, or tell them of their faults in the presence of strangers or visitors ; but take the earliest opportunity of reproving them after your company have left.

The fraudulent practices of servants in large families, and the dishonesty of some tradesmen in conniving at such practices, cannot be too severely reprobated. The best means of checking, if not altogether preventing, such abuse of confidence, is to settle accounts at short dates, so that any extraordinary charge, or suspected item, may the more readily be inquired into.

Temperance in servants merits some mark of approbation from their superiors. They are often placed amidst great temptations, which they can only resist through habits of self-denial. Next to honesty, sobriety is the best recommendation in the character of a servant.

Encourage in servants economical practices and habits of saving, by means of Savings Banks; for they may thus be enabled to purchase at an easy rate small annuities, which will support them in their declining years; augmented, as such a provision may be, by a legacy for their good services.

Regularity in settlements with servants is important; for, an old writer has well observed,—“If the master takes no account of his servants, they will make small account of him, and care not what they spend, who are never brought to an audit.”

KEEPING LATE HOURS.

Regular hours tend much to the comfort of every family. Time is more valuable than money; and waste of time is even more culpable than waste of money. Early rising, the division of the day according to its duties, and the avoidance of late hours, are alike important to masters and servants; and the example set by the former has much influence upon the conduct of the latter.

It should also be remembered, that late hours and habits of dissipation in the heads of a family make it almost impossible, especially in London, to exercise that wholesome household discipline which is requisite to secure the well-being of a servant.

ECONOMICAL HINTS.

THE following hints, which are the fruits of experience, will, doubtless, be acceptable to young housekeepers. The sin of *waste* cannot be too strongly enforced throughout a household. Our forefathers had cut or painted in conspicuous places in their kitchens, the injunction, "Waste not, want not," to remind their servants of the duty of economy; and in the vast kitchens of castles and ancient mansions this admonition may still be traced.

BREAD.

One of the most important household rules is, not to eat new bread; for it is expensive and unwholesome, and does not afford near so much nourishment as bread two or three days old.

Stale rolls, or bread of any kind, may be made to taste like new by dipping them in cold water, and heating them in an oven, or toasting them.

FIRES, STOVES, ETC.

It is wasteful to wet small coal, though it is commonly thought to make a fire last longer: in truth, it wastes the heat, and for a time makes a bad fire.

If a chimney be on fire, throw a handful of sulphur into the fire-place, and extinction will follow.

A close stove intended to warm an apartment should not have a polished surface, else it will keep in the heat; whereas, if of rough and unpolished cast iron, the heat will be dispersed through the room.

Long, shallow grates, are uneconomical, as the body of the coal in them is not soon heated, and requires to be oftener replenished to keep up the fire.

A good fire should be bright without being too hot: the best and quickest mode of making up a neglected fire is to stir out the ashes, and with the tongs fill up the spaces between the bars with cinders or half-burnt coals: this method will soon produce a glowing fire. If coke can be mixed with coals, the fire will require extra attention: coke, however, makes too much dust for fires in the best rooms.

WATER AND STEAM.

Hard water, by boiling, may be brought nearly to the state of soft. A piece of chalk put into spring water will soften it.

The freezing of water in pipes may be prevented by putting round them straw or flannel, either of which will prevent the warmth passing out of the pipes. By the same means, the heat is kept in steam-pipes.

Rain, or the softest, water is better adapted than any other for washing and cleaning; but it must be filtered for drinking (as for making tea), in large towns, as it becomes impure from the roofs and plaster of the houses. The best water has the greatest number of air-bubbles, when poured into a glass. Hard water will become thick and foul sooner than soft water. Leaden cisterns are unsafe for holding water, unless they are frequently cleaned out: this is proved by the small coating of white poisonous rust which may be seen at the upper edge of the water when it has stood for some days undisturbed.

When the steam from a tea-kettle appears cloudy, it should be taken off the fire, as the water is then fast *boiling away*; the steam when the water first boils being quite transparent, so as scarcely to be seen near the mouth of the spout. The top of the kettle should be kept bright, as a polished surface keeps in the heat.

METAL KETTLES AND OTHER VESSELS.

The crust on boilers and kettles arises from the hardness of the water boiled in them. Its formation may be prevented by keeping in the vessel a marble, or a potato tied in a piece of linen.

Tin-plate vessels are cleanly and convenient; but, unless dried after washing, they will soon rust in holes. Iron coal-scoops are liable to rust from the damp of the coals. If cold water be thrown on cast-iron, when hot (as the back of a grate), it will crack. Cast-iron articles are brittle, and cannot be repaired if broken.

The tinning of copper saucepans should be kept perfect, clean, and dry; in which case, they may be used with safety.

Copper pans, *if put away damp*, will become coated with poisonous crust, or verdigris, as will also a boiling-copper, if left wet. In August, 1829, a gentleman in Paris was poisoned

by partaking of soup which had been warmed in a pan infected with verdigris.

Untinned copper or brass vessels are at all times dangerous : it is absurd to suppose, that if the copper or brass pan be scoured bright and clean, there is little or no danger, for this makes but a trifling difference ; such vessels for culinary purposes ought to be banished for ever from the kitchen.

A polished silver or brass tea-urn will keep the water hotter than one of a dull brown colour, such as is most commonly used. The more of the surface of a kettle that is polished the sooner will water boil in it, as the part coated with soot drives off rather than retains heat.

A polished metal tea-pot is preferable to one of earthenware ; because the earthen pot retains the heat only one-eighth of the time that a silver or polished metal pot will ; consequently, the latter will best *draw* the tea.

A German saucepan is best adapted for boiling milk in : this is a saucepan glazed with white earthenware, instead of being tinned in the usual manner ; the glaze prevents the tendency to burn, which, it is well known, milk possesses.

A stewpan, made as the German saucepan, is preferable to a metal preserving-pan ; simple washing keeps it sweet and clean, and neither colour nor flavour can by any chance be communicated to the article boiled in it.

Ornamental furniture, inlaid with brass or buhl, should not be placed very near the fire, as the metal when it becomes warm expands, and, being then too large for the space in which it was laid, starts from the wood.

“German silver” will not rust ; but it does not contain a particle of silver, it being only white copper. If left in vinegar, or any acid mixture, it will become coated with verdigris. Salt should never be left in silver cellars, else the metal will be much injured.

CROCKERY AND GLASS.

Crockery and glass, to be used for holding hot water, are best seasoned by boiling them, by putting the articles in a saucepan of cold water over the fire, and letting the water just boil ; the saucepan should then be removed, and the articles should be allowed to remain in it till the water is cold. Some kind of pottery, as Spode's, is best seasoned by soaking in cold water.

Choose thin rather than thick glasses, as the thin glass is less likely to be broken by boiling water than that which is thicker ; for, thin glass allows the heat to pass through it in least time. The safest plan is to pour boiling water very slowly into cold glasses.

As boiling water will often break cold glass, so a cold liquid will break hot glass ; thus wine, if poured into decanters that have been placed before the fire, will frequently break them.

Glass dishes and stands made in moulds are much cheaper than others, and they have a good appearance, if not placed near cut-glass.

Lamp-glasses are often cracked by the flame being too high when they are first placed round it ; the only method of preventing which is to lower the flame before the glass is put on the lamp, and to raise the flame gradually as the glass heats.

If a stopper stick fast in the neck of a decanter, set it in hot water, and you may soon remove the stopper ; as the neck of the decanter becomes heated, expands sooner than the stopper, and so becomes loose about it.

In cementing china, glass, &c., the portions should be heated before, and closely pressed together after the cement is applied, so that very little cement may be left between the pieces, as the thinner the cement is spread the firmer it will hold.

FLOORCLOTH AND MATS.

Floorcloth is convenient to put at the end of a kitchen table, as the dirt and grease of saucepans that may be set upon it can be better removed from floorcloth than wood : thick straw mats are useful to set stewpans or saucepans on ; and an iron stand, or a wooden barred frame, should be provided to place under hot saucepans in a *leaden* sink.

KITCHEN CLOTHS.

The four kinds of cloths requisite for the kitchen are knife-cloths, dusters, tea and glass-cloths. Knife-cloths should be made of coarse sheeting. Dusters are generally made of a checked cloth of mixed cotton and flax. The best material for tea and glass-cloths is a sheet which has begun to wear thin, as the open cloth which is sold under the name of tea

and glass-cloth soon wears out. Besides the above cloths for household purposes, are knife-tray cloths, house-cloths for cleaning, pudding and cheecse-cloths, and round towels.

WASHING.

Wet clothes should never be left to dry in a sleeping room, or in an inhabited apartment, as they make the air in it damp and unhealthy.

It is not generally known that the horse-chestnut contains a soapy juice, not only useful in bleaching, but in washing linens and stuffs. The nuts must be peeled and ground, and the meal of twenty of them will be sufficient to mix with ten quarts of hot water, with which either linens or woollens may be washed without any soap; the clothes should then be rinsed in spring water. The same meal being steeped in hot water, and mixed with an equal quantity of bran, will make a nutritious food for pigs and poultry.

Linen should not be dried on the sea-beach, for it retains so much saline matter as to throw out damp in wet weather, which cannot be immediately remedied by airing at the fire.

SUBSTITUTES FOR SOAP.

Put any quantity of pearlash or soda into a large jar, cover it lightly, and in a few days it will become liquid; then mix with it an equal quantity of newly-slaked lime, and double its quantity of soft water: boil it half an hour, add as much more hot water, and pour off the liquor.

Two ounces of pearlash, used with a pound and a half of soap, will effect a considerable saving.

For coarse purposes, soft soap is a saving of nearly one half. The most economical plan of keeping hard soap is to cut it into pieces of about a pound each, and keep it moderately dry.

A little pipe-clay dissolved in the water, or rubbed with the soap on the clothes, will give the dirtiest linen the appearance of having been bleached; it will also clean them with about half the labour, and a saving of full one-fourth of the soap. Pipe-clay will also render hard water nearly as soft as rain-water.

Carpets, moreen curtains, or other woollen goods, may be cleaned with the coarse pulp of potatoes, used as a kind of

soap, with water : soiled furniture, and even oil-paintings, may also be cleaned with it ; and fine silks may be washed in potato-liquor,

Put wood-ashes upon flannel, in a sieve, and pour upon them boiling water, and it will make a strong lye for washing.

BEDS AND BED ROOMS.

A damp bed may often be detected by the use of a warming pan, the hot metal causing the moisture of the bed-clothes to be immediately converted into steam ; when the pan is taken out this vapour cools, or is condensed, on the surface of the sheets, and the damp may be distinctly felt.

Plants should never be kept in bed-rooms during the night, as they make the air impure : there are instances of persons, who, having incautiously slept in a close room in which there has been a large growing plant, have been found dead in the morning, as effectually suffocated as if there had been a charcoal-stove in the room.

PLANTS.

A parlour window is not an eligible place for bulbous roots in glasses, as it is often too warm, brings on the plants too early, and causes them to be weakly ; they should, however, be kept moderately warm, and near the light.

KEYS OF STREET DOORS.

Persons taking houses or premises usually receive the keys of the outer doors : these, when tried on the locks, are found to open them, and this is considered a sufficient security. Now, several keys may have been made to the outer lock for the accommodation of lodgers or other persons. The consequence is, that keys are often taken away, and many persons may have the same means of access to your house as yourself, when you imagine that all is secure. It is well known that robberies to a large extent have been effected by such means.

MANAGEMENT OF A DINNER.

As a dinner affords the best proof of the management of a household, a few hints upon the subject may be useful to the heads of families.

The comfort of dinner-guests depends much upon the proper regulation of the temperature of the dining-room. In hot weather, this may be effected by ventilation and blinds. In winter, there is little difficulty to accomplish this with a bright blazing fire, and due care. But, there are two stingy practices which should be avoided : first, having the fire lighted only just before dinner, so that when the company enter, the room is not warmed ; secondly, letting the fire go out in cold weather before the guests.

In giving dinners, comfort is often lost sight of in a love of show ; and more attention is often paid to the style of a dinner than to its enjoyment. Among the practices which interfere with comfort are, attendants handing round vegetables, and helping wine to the company.

In families where a dinner is seldom given, it is better to hire a cook to assist in dressing the dinner, than to engage an uninformed person.

In selecting dinners, you should provide for the party such dishes as they are not most used to, and those articles which you are most in the way of procuring of superior quality.

Large dinner-parties, as fourteen or sixteen in number, are rarely so satisfactory to the entertainer or the guests as small parties of six or eight persons. The latter, especially, are pleasant numbers.

To light a dinner-table properly, where lamps are not used, there should be half as many wax-lights as guests.

The management of an *epergne*, *plateau*, or centre-piece, presents an opportunity for the display of taste ; and, as these superb ornaments are usually of beautiful forms, richly chased, they should be placed to the greatest advantage. The glass-pieces and the silver-work should be alike in brilliant order, when the effect of the whole will be very striking.

Finger-glasses half-filled with water should be got ready to be set upon table with the dessert.

Bread should never be cut less than one inch and a half thick for dinner.

To ensure a well-dressed dinner, provide enough, and beware of the common practice of having too much. The table had better appear bare than crowded with dishes not wanted, or such as will become cold before they are partaken of.

This practice of overloading tables is not only extravagant but troublesome, and in no respect advantageous; whilst, the smaller the dinner, the better will be the chance of its being well cooked.

The chief fault of all cooks is, that they are too profuse in their preparations: this can only be checked by the mistress giving explicit directions, and limits which are not to be exceeded.

To secure the best quality of the articles, purchase them of the tradesmen with whom you regularly deal, and who consider you "a regular customer." Cheapening the market is rarely a saving; and, of all times, this is the least desirable for making experiments in price and quality, when failure would be disappointment to your company and yourself.

The latter remark applies also to cooking, or an experiment with any new dish, or one which is not familiar to your cook.

Plain dinners are often spoiled by the addition of delicacies; for so much time is consumed in preparing the latter, that the more simple cooking is neglected.

The principal dishes should be of rather a substantial kind: the smaller ones should be of a lighter nature, and of the mixed French and English mode. The latter mode of cookery is, by many physicians, asserted to be more wholesome than the plain English cookery.

Game in the third course is seldom half enjoyed; as it has, probably, been preceded by some substantial dish, thereby taking away from the relish, and overloading the appetite.

Vegetables in abundance, and well dressed, are important in a dinner; and it is a good plan to serve a fresh supply with each dish, to ensure them hot. In France, more attention is paid to the dressing of vegetables than in this country; and the French, consequently, produce these cheap luxuries in high perfection.

Servants who wait at table should wear clean white gloves.

Before a dish is placed upon the table, its sauces and vegetables should be set in their proper places.

Between the serving of each dish should be a short interval, which will not only be pleasant to the guests, but will give time to the cook and attendants.

There should be a reserve of sauces as well as of vegetables ; for nothing lessens the enjoyment of a dinner so much as a short supply of these adjuncts.

A chief point to be attended to for a comfortable dinner is, to have what you want, and when you want it. It is vexatious to wait for first one thing and then another, and to receive these little additions, when what they belong to is half or entirely finished.

One or more sets of cruets, according to the size of the party, should be placed upon table : the cruets should contain such articles as are continually wanted, and special attention should be paid to the freshness of their contents, as of fish sauces.

Much money is often unnecessarily expended in pastry and desserts. A few kinds of ripe fruit, in season, and not forced, are sufficient ; though the morning is the best time for eating fruit. Confectionary and preserved fruits are extravagant additions to desserts, which, in most cases, disagree with the guests.

Wines should vary with the seasons : light wines are best in summer ; in winter, generous wines are preferred. White wine is drunk with white meats, and red with brown meats. Light wines are suitable to light dishes, and stronger wines to more substantial dishes. In summer, wine and water, cooled by a piece of ice being put into it, is a luxury ; as is also a bottle of iced water, and bottled porter iced.

Wine is often set upon the table before it is wanted, for show ; so that it loses its proper temperature before it is required to be drunk.

Do not press persons to eat more than appears agreeable to them, nor insist upon their tasting any particular dish.

It is a good custom to send coffee into the dining-room before the gentlemen leave the table. The hour for sending in the coffee should be previously appointed, so that the bell need not be rung for it. Three hours are a proper interval

between the dinner-hour and coffee. Thus, eight o'clock is a good hour, if the dinner be served at five.

There are a few points of the etiquette of a dinner-party, which it may be useful to particularize.

The members of the party having assembled, the master or mistress of the house should point out which lady each visiter is to take into the dining-room, the married having precedence of the single.

The lady of the house should take the head of the table, and be supported by the two gentlemen of the most consideration, who should assist her to carve. The gentleman of the house should take the bottom of the table, and on each side of him should be seated the two ladies the highest in rank.

As well-bred people arrive as punctually as they can to the appointed hour, the dinner should not be kept waiting after that time.

In serving soup one ladleful to each plate is sufficient.

A knife applied to fish is likely to spoil the delicacy of its flavour; so that a slice only should be used in helping fish.

Do not pour sauce over meat or vegetables, but a little on one side.

In helping at table, never employ a knife where you can use a spoon.

The art of carving is a very requisite branch of domestic management: it not only belongs to *the honours of the table*, but is important in an economical point of view; for a joint of meat ill carved, will not serve so many persons as it would if it were properly carved. Practice, aided by some instructions, (as will be found hereafter,) can alone make good carvers.

In giving dinners, avoid ostentation, which will not only be very expensive, but will make your guests uncomfortable. Again, it is not merely the expense, but the trouble and fuss of dinner-giving on the extravagant system, that checks the extended practice of giving dinners, and imposes a restraint upon sociable enjoyment.

INSTRUCTIONS FOR CARVING.

IN olden times, Carving was so essential an art as to have its technical terms and professors. Thus, the carver was said to *allay* a pheasant, to *unbrace* a duck, to *rear* a goose, to *unlace* a rabbit, &c. The master of the feast originally carved for his guests; but the art was also taught to ladies by the professors, even so lately as the last century*; and we find Lord Chesterfield recommends Carving to his son, as “a fit object of his peculiar study, to qualify him for the circles of nobility and fortune.”

In the present day, the art of carving is much neglected, although it is so important to the comfort of every family, and the economy of its expenditure; for, by properly carving a joint, we may not only satisfy the choice of every one of a party, but leave the meat more fit to appear on table a second time. Most persons are sensible of these advantages; on which account it is the more surprising that so few should strive to become acquainted with the best rules for carving.

There are certain conditions, which are requisite to insure

* In Lord Wharnccliffe's edition of the *Correspondence of Lady Mary Wortley Montagu* (1836), it is noted: “Lord Dorchester, having no wife to do the honours of the table at Thoresby, imposed that task upon his eldest daughter, as soon as she had bodily strength for the office, which, in those days, required no small share. For, the mistress of a country mansion was not only to invite---that is, to urge and tease---her company to swallow and eat more than human throats could conveniently swallow, but to carve every dish, when chosen, with her own hands. The greater the lady, the more indispensable the duty. Each joint was carried up in its turn, to be operated upon by her, and her alone; since the peers and knights on either hand were so far from being bound to offer their assistance, that the very master of the house, posted opposite to her, might not act as her *croupier*; his department was to push the bottle after dinner. As for the crowd of guests, the most inconsiderable among them,—the curate, or subaltern, or squire's youngest brother,—if suffered, through her neglect, to help himself to a slice of the mutton placed before him, would have showed it in bitterness, and gone home an affronted man, half inclined to give a wrong vote at the next election. There were then professed carving-masters, who taught young ladies the art scientifically; from one of whom, Lady Mary Wortley Montagu said she took lessons three times a week, that she might be perfect on her father's *public days*; when, in order to perform her functions without interruption, she was forced to eat her own dinner an hour or two before hand.”

neat carving. The knife should be sharp, not too heavy, and of middling size.

The article to be carved, should be placed in a dish sufficiently large to allow the joint to be turned; it should likewise be set firmly on the table, so near to the carver as only to allow the plates between him and the dish.

Loins, breasts, and necks of mutton, lamb, and veal, should be properly divided, or *jointed*, before they are dressed, else the most adroit carver will be baffled.

In carving and helping a joint, do not load a person's plate. If the meat attached to a bone be too much, a slice may be cut from the meat of two bones.

In carving beef and mutton joints, cut the meat to the bone. The more solid joints, as a round of beef, or fillet of veal, should be cut in thin, even slices; as should also a ham.

There are certain choice cuts, or delicacies, with which a good carver is acquainted; among them are, the sounds of cod-fish, the thin or fat of salmon, the thick and fins of turbot; the fat of venison, lamb and veal kidney, the pope's eye in a leg of mutton, the ribs and neck of a pig; the breast and wings of a fowl, the legs and back of a hare, and its ears being by some persons considered a great delicacy; the breast and thighs, (without the drumsticks,) of turkey and goose, the wings and breast of game, and the legs and breast of ducks.

Fish should be helped with a silver slice or trowel, care being taken not to break the handsome flaky pieces; a portion of the liver and roe should be served to each person.

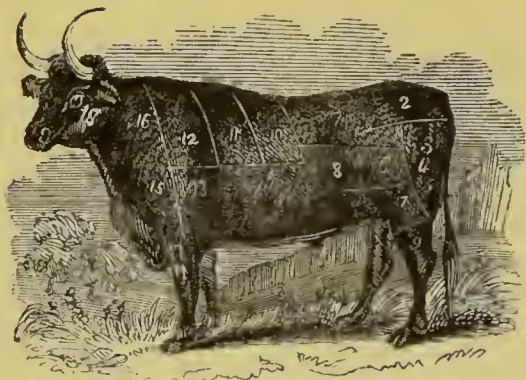
It should be the constant aim of the carver to cover the unsightly gashes he must make in the joints. In fish, this may be done by a fold of the napkin on which it is served.

Much of the enjoyment of the party will depend on the stuffing, gravies, sauces, &c., being fairly apportioned to each plate.

By aid of the following instructions, occasional practice, and by closely observing "good carvers," the learner may soon become proficient in this important branch of the honours of the table.

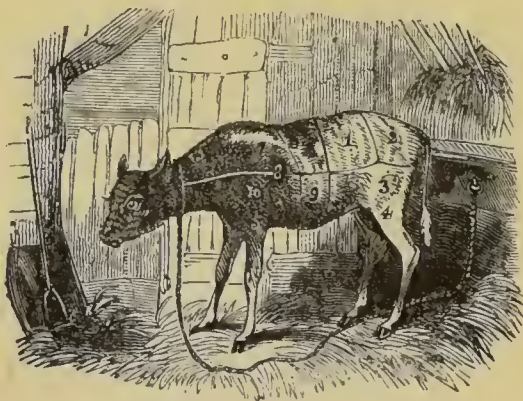
JOINTS OF MEAT.

BEEF.



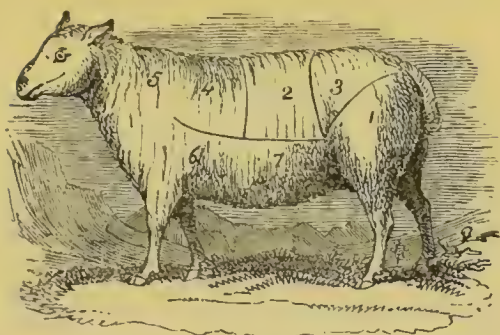
THE joints are as follow.—*Hind Quarter*:—1. Sir-loin. 2. Rump. 3. Edge-bone. 4. Buttock. 5. Mouse-buttock. 6. Veiny-piece. 7. Thick-flank. 8. Thin-flank. 9. Leg. 10. Fore-rib. *Fore-Quarter*:—11. Middle-rib. 12. Chuck. 13. Shoulder, or leg of mutton piece. 14. Brisket. 15. Clod. 16. Neck, or sticking-piece. 17. Shin. 18. Cheek.

VEAL.



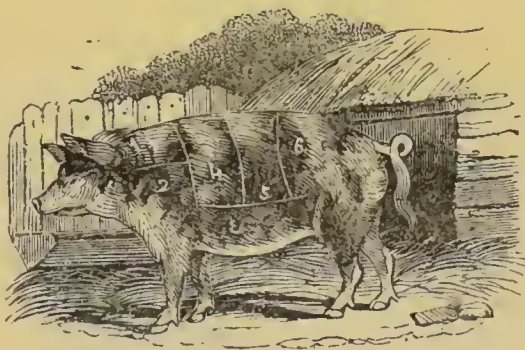
1. The Loin, best-end 2. Loin, chump-end. 3. Fillet.
4. Hind-knuckle. 5. Fore-knuckle. 6. Neck, best-end.
7. Neck, scrag-end. 8. Blade-bone. 9. Breast, best-end.
10. Breast, brisket-end.

MUTTON.



1. Leg. 2. Loin, best-end. 3. Loin, chump-end. 4. Neck, best-end. 5. Neck, scrag-end. 6. Shoulder. 7. Breast. The saddle is formed by two loins; and the haunch, by a leg and part of a loin.

PORK.

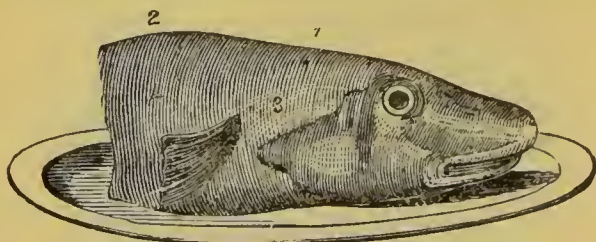


1. Spare-rib. 2. Hand. 3. Belly, or spring. 4. Fore-loin. 5. Hind-loin. 6. Leg.

FISH.

Cod's-Head.—The firmest parts are about the back-bone and shoulders; and those about the cheek and jaw-bones are gelatinous. First, pass the slice along the middle of the back, from 1 to 2; then cut cross-slices from 2 to 4, and from 1 to 3, giving with each a portion of the *sound*, which lies underneath the back-bone, is rather darker than the other

parts of the fish, and may be found by passing the slice under the bone. A few choice parts are in and about the head, as



the soft part about the jaw-bones, and the palate and tongue, to be taken out with a spoon.

Salmon, and all short-grained fish, should be cut lengthwise, and not across; portions of the thick and thin being helped together.

Of *Turbot*, the finest parts are on the belly-side, those on the back being often coarse or woolly: the fins should not be forgotten, as they are very delicious.

MEAT.

Edge, or Aitch-Bone, of Beef.—Cut and take off a thick slice from all round the top of the joint, from 1 to 3; then cut the meat in thin slices, serving with each a portion of fat, of which there are two sorts:—the soft, resembling marrow, lying under figure 2, and the firm fat, at figure 1; cut the latter in thin slices, and ask the company which kind they



prefer; if no choice is expressed, serve the soft fat hot, the firmer fat being much better when the joint is eaten cold.

The joint is skewered up at fig. 1, and if the skewer be not removed, and a silver one substituted, the former may be concealed by the fat, &c. about it.

Round or Buttock of Beef.—Cut off a thick slice, as from the edge-bone; then cut thin even slices, and help each with a portion of fat.

Brisket of Beef should be cut to the bone, in long thin slices.

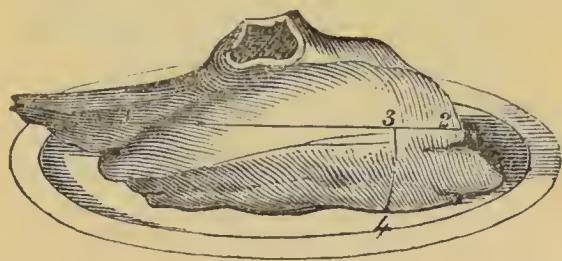
Sirloin of Beef may be cut in the upper side, lengthwise, from either end, or crosswise, in the middle; in all cases cutting to the bone. The joint being turned over, the under part should be cut in cross-slices with fat: it is best eaten hot, so that the upper part may be kept entire, when it makes a handsome cold or supper-dish.

Ribs of Beef are carved as sirloin.

Fillet of Veal should be cut in thin, smooth slices, with a little fat to each; cutting also a thin slice from the stuffing, which lies within the flap. The brown outside is much liked by some persons.

Breast of Veal consists of ribs and brisket, which should be separated; they should then be served according to choice.

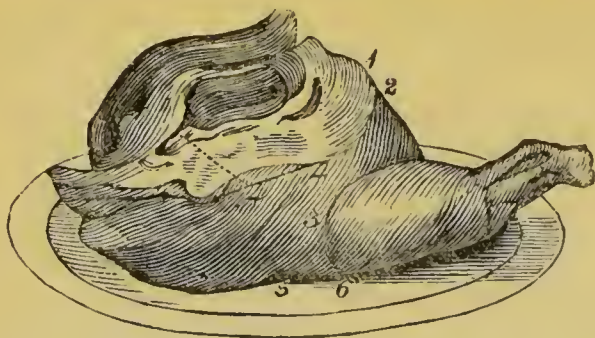
Calf's-Head should be cut in long slices from 1 to 2, closely from the bone: from 3 to 4 is the throat sweetbread, to be served in short slices, with the former; fine slices of lean may



also be cut from under the jaw-bone. The other delicacies of the calf's head are the palate, in the under part of the head; the eye, to be taken out with a knife, and cut in half; and the tongue and brains, to be served separately.

Leg of Mutton.—Cut moderately thick slices across, quite down to the bone, in the thickest part, from 2 to 3: in wether-mutton, at 1, is a round lump of fat; fine slices of fat

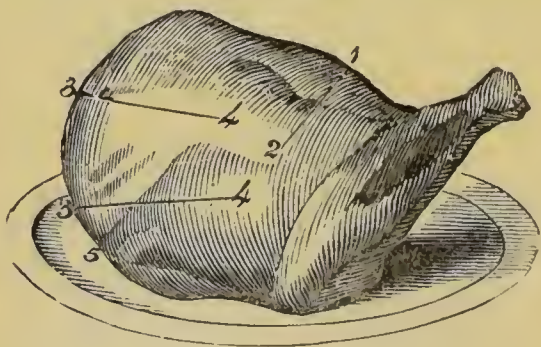
may also be cut from the broad end, 4. The cramp-bone lies



at 5, 6. Very fine slices may be cut, lengthwise, from the broad end of the back of the leg.

A Leg of Lamb is carved as a leg of mutton. A leg of mutton or lamb, roasted or boiled, should be laid in the dish back downwards.

A Shoulder of Mutton affords a variety of cuts, fat and lean; and should be laid in the dish back uppermost. The leaner parts should be cut straight to the bone, from 1 to 2; the most delicate slices, however, may be cut on each side of

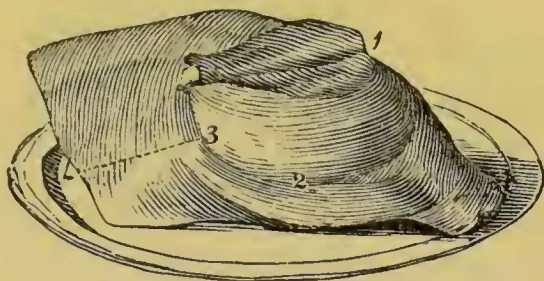


the blade-bone, 3 to 4; the finest fat lies at 5, and should be cut in thin slices. The under-side affords many nice cuts, of fat and lean intermixed. The most tender of the lean is under the blade-bone, and is called the oyster-cut.

A Saddle of Mutton.—Cut moderately thick slices, longwise, from the tail to the end, on each side the back-bone; if they be too long, divide them: cut fat from the sides or flaps.

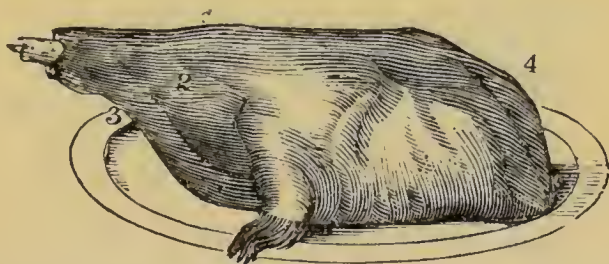
A Haunch of Mutton should be carved as venison.

A Fore-Quarter of Lamb.—Cut round the shoulder in the direction of 1, 2, and 3; then lift up the shoulder, and squeeze



between it and the ribs, the juice of half a lemon, with a slice of butter, some pepper and salt; replace the shoulder, and presently remove it to another dish, to be cut as a shoulder of mutton. Then separate the neck from the ribs, in the line from 3 to 4, and serve according to choice. A ruffle of white paper should be placed round the shank of the shoulder, for the convenience of lifting it while seasoning, &c.

A Haunch of Venison.—Cut to the bone, in the direction of 1, 2, 3; then turn the dish round, so that the broad end 4 be

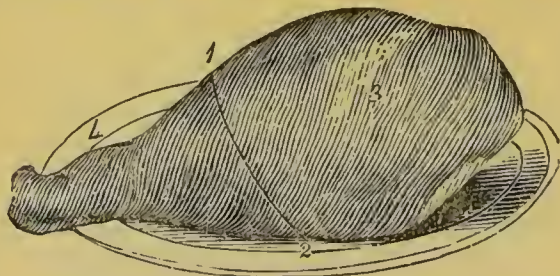


nearest the carver, and cut slices from 2 to 4, and from each side alternately, helping with each some fat, to be found chiefly on the left side.

A Shoulder of Venison should be carved as mutton.

Ham is generally cut in slices from 1 to 2, so as to get to the prime at first; but it is more economical to begin at the hock, 4, by which means, however, the broad or fattest part is eaten last. The fat and lean may be more evenly eaten by

cutting a hole at 3, and from it thin circular slices; by this method, the moisture and flavour of the meat are best pre-

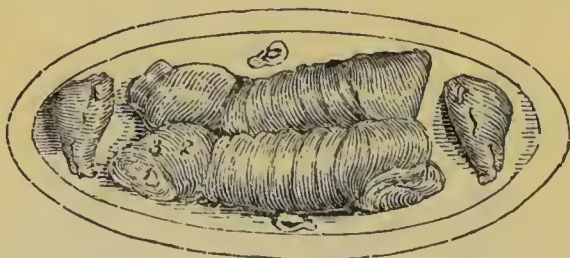


served. Another mode is to begin near the middle of the ham, and to cut slices each way.

A Leg of Pork is cut as a ham.

A Tongue should be cut, in moderately thick slices, across the thickest or plumpest part; a thin slice of the fat being served at choice from the root.

A roasted Pig is best cut up before it is sent to table; or, the cook should divide the pig, and lay it in the dish, as in the annexed engraving. First, remove the ears, take off the head, and cut it asunder; then cut down the back from neck to

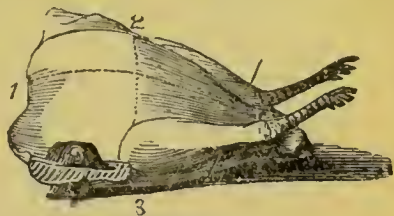


rump; next divide the shoulders and legs, as shown at 1, 2, 3, and then the ribs, according to the size of the pig. The neck and ribs are the favourite parts, and the ears are delicacies. The brains should be taken from the head, and served separately.

POULTRY AND GAME.

Fowls, whether roasted or boiled, are cut up alike. The legs of a boiled fowl are bent inward; in a roasted fowl they are left outward. To carve a fowl dexterously, place it upon a plate

and, as you cut off the joints, lay them in the dish. First, fix your fork in the breast, then remove the wing, A, from 1 to 2, by introducing the knife at 1, exactly at the joint, which may at first be difficult to hit, but practice will soon render easy; the joint should then be cut quite through, and the edge of the knife drawn very lightly across the breast, so as only to cut the outer skin in the direction of the wing, which should then be lifted up with the fork, and jerked back



ROAST FOWL.



Wing.

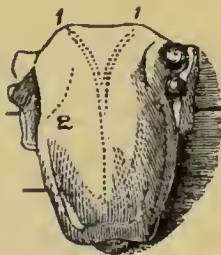


Leg.



Neck Bone.

towards the leg, when the muscles will separate, so as to form a handsomer wing than if it had been cut. Next, pass the knife between the leg and the body, and cut to the bone; then



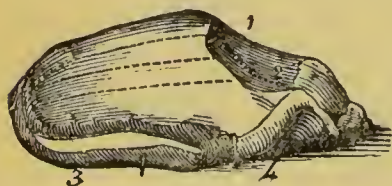
BOILED FOWL.

turn back the leg, B, with the fork, when the joint will yield, and the leg may be taken off. Turn over the fowl, and take off the other leg and wing; then remove the merrythought from 1, and where it joins the body on each side is the joint of the neck-bone, c; put in the knife, and pass it under the longest part of the bone, when you may lift it up, and break it off the breast-bone. Next, cut through the ribs, close to the breast, and remove it from the body; then lay the back uppermost, insert your knife in the middle of the bone, raise the lower end, and it may be easily separated. Lastly, turn

the rump from you, and remove the side-bones. Although handsome wings are admired, in carving poultry for a large party, it is better to cut slices from side to side than to leave so much on the wings. The choice parts of a fowl are the breast and wings, (particularly the *liver-wing*,) the merrythought, and side-bones; the thighs of young fowls are also very juicy.

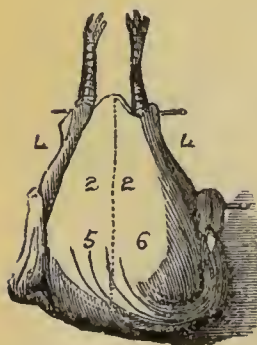
A Turkey is carved as a fowl; but has no merrythought.

A Goose.—Place the neck end towards you, cut the breast into slices, and serve them as cut. If the legs be required, turn the goose upon the side, put the fork into the small end of the bone in the leg, press it to the body, pass the knife in at 4, turn the leg back, and it will easily come off. Next, remove the wing on the same side, by putting



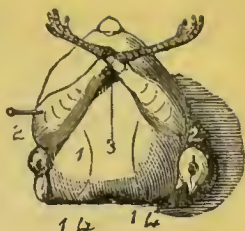
the fork into the small end of the pinion, pressing it to the body, dividing the joint at 4, and taking it off in the direction of 3; then turn over the goose, and take off the other leg and wing. Remove the merrythought, as from the fowl, and cut off the side-bones by the wing, and the lower side-bones. Divide the breast from the back, and the back itself, as of a fowl. Next to the breast, the thigh, and the fleshy portion of the wing, are favourite parts. If the goose be not entirely cut up, the apron, 1. 2, should be removed to get at the stuffing.

A Duck should be cut up as a goose.



A Pheasant.—First, cut off the head; then fix the fork in the breast, slice it in the line 2, 2, take off the legs and wings, and remove the breast-slices; remove the wings with care, so that you do not cut too near the neck-bone, from which the wing is to be separated; pass the knife in the line 5, 6, towards the neck, and take off the merrythought. Then proceed as with a fowl, the choice parts being the same.

A Partridge is to be cut up as a fowl: take off the wings in the lines 1, 2, and the merrythought in that of 3, 4. Partridges may likewise be cut in half. The prime parts are the breast and wings, the tip of the latter being the greatest delicacy.



Pigeons may be cut in half, the lower half being usually most esteemed. In helping a pigeon-pie, if the birds be not previously divided, take them out separately on a plate, and cut each asunder.

Hare.—Insert the knife beneath the point of the shoulder, 1, and cut from thence in the dotted line to 2, on each side of the back-bone, thus dividing the hare into three parts; then cut the back crosswise into four pieces. Next, take off the shoulders in the circular line, 3, 4, 1: these directions, however, apply only to a young hare. If the hare be old, do not attempt to cut it from shoulder to rump, but place the knife between the leg and the back, so as to hit the joint, and thus easily remove the leg; a few fine slices may then be cut from each side of the back-bone, and the shoulders be taken off. Lay the joints even in the dish as they are taken off, and with each serve a portion of the pudding or stuffing, to be found inside the body; the prime parts being



the back-pieces and shoulders. The ears and brains are much prized by epicures: the former should be carefully taken off whole; to obtain the latter, cut off the head, divide it by inserting the point of the knife in the centre of the top, and cutting straight down to the nose.

A Rabbit should be carved as a hare, except that the back should only be cut into two pieces, and the head left whole.

MARKETING.

CHOICE OF ARTICLES.

FISH.

THE general rule for choosing most kinds of fish is, to observe that their gills are red, eyes plump and bright, and the whole fish stiff, when they are invariably fresh. But if the gills are pale, the eyes sunk and dull, and the fish limp and flabby, they are stale.

Turbot should be thick, and the belly cream-coloured: if thin, or of a bluish cast, it is bad. *Turbot*, delicate as it is, may be kept till the second day with advantage, and even longer without injury.

Cod should have a small head, broad shoulders, and a small and stiff tail. The *Doggerbank* cod are most prized: the north-country cod are woolly, and sold at a lower price.

There is no greater error than choosing fine large slices of cod-fish. *Cod* should be crimped in thin slices, so that the whole of that fish may be boiled equally; whilst in thick slices, the thin or belly part will be overdone before the thick part is half boiled: another advantage of thin slices is, that the fish need not be put into the kettle before the guests have arrived.

Salmon should have very bright scales, the inside should be of a fine red, and the whole fish firm. They should have small heads, thick shoulders, and small tails. Whiteness between the flakes denotes high perfection, as this will melt, and add to the richness of the fish.

Pickled Salmon is in finest condition when new or fresh. If it be not firm, of a pale rose-colour, and have bright scales adhering fast to the skin, it is stale. Its season is from February to September.

Soles should be chosen, and may be kept, as *turbot*. They are in the market almost throughout the year, but are finest in summer.

Skate should be thick and very white. It may be kept two days, but not longer : if fresh it will eat tough : it cannot be kept too long if perfectly sweet. An absurd prejudice prevails among many people against the skate. The female skate is, however, more delicious than the male.

Whittings should be stiff and firm.

Mackerel should be chosen as whittings. They should be dressed as soon as possible.

Smelts are fresh if they have a silvery tinge, and the smell of a fresh-cut eucumber.

Mullet. The red are finest. When red mullet are abundant in fishmongers' shops, a fine mackerel season may be expected.

Brill should be chosen as turbot.

Flounders should be thick and firm : the gray-backed are finest ; those with scarlet spots being inferior. *Plaice* should be chosen by the same rule. The Thames produces the finest flounders.

Whitebait are rarely offered for sale in the market. They are taken in the Thames, about Blackwall, and, as they should be dressed as soon as caught, they are eaten in high perfection only at the taverns at Blackwall and Greenwich. Many attempts have been made to convey whitebait alive in fresh water, but without success.

Herrings and *Sprats* should be bright and firm, with stiff fins. Herrings are seldom long out of season. Sprats are finest in frosty weather.

Haddocks should be short and thick. They are mostly in season, except at full spawn-time, which varies.

The Dory, or *Dorée*, is a very expensive fish, and when fresh it has a resplendent colour, as if gilt.

The Sturgeon is also a valuable fish, and is fine eating : from its roe is prepared caviare.

Pike should be chosen as mackerel ; the best being taken in rivers. Jack should be chosen as pike.

Carp should be killed as soon as caught, else they will live some time out of water, and may get wasted.

Tench should be killed and dressed as soon as caught. They may be chosen as most other fish ; but a clear and bright slimy matter about them best denote freshness.

Perch are not so delicate as carp or tench.

Trout (fresh water) are excellent fish. The *Grayling* resembles the mullet in flavour, but is found only in a few counties during the summer. Fine *Barbel* are caught in the Thames: they should be eaten with care, as the roe is poisonous.

Eels vary more in quality than any other fish. The true silver eel, with a bright belly, and coppery back, is caught in the Thames. Those taken in ponds have a strong rank flavour; and the Dutch eels should be rejected. Eels, when kept long in a tub, lose their fine flavour.

River-fish, out of season and unwholesome, are constantly sold and eaten in London during March, April, and May, from the purchasers being ignorant that the above are the fencing, or spawning, months for jack, pike, perch, gudgeon, roach, dace, carp, tench, and all kinds of river-fish, except trout and eels. If the breed of fish was not destroyed in this manner, they would be good, wholesome, and plentiful, from June to the end of the year.

Lobsters and *Crabs* should not be chosen by their size: for a thin crab will *appear* as large as a fat one, from the stomach being formed on a kind of skeleton, and, therefore, not falling in when empty. The heaviest are the best, and those of middling size are sweetest. It is advisable to boil lobsters at home: when you purchase them ready boiled, see that the tails, when pulled up, fall back with a spring; if otherwise, the fish are stale. The cock-lobster is finer eating than the female, which is best for sauce, on account of the eggs, and has a broader tail and less claws than the male. The two uppermost fins within the tail of the male are stiff and hard, but those of the hen are soft. Never choose those fish which have their shells rough and crusted over with small shells, as they denote age.

Prawns and *Shrimps* should be firm and stiff, and their tails should turn strongly inwards. Their colour should be bright, and they should be free from unpleasant smell.

Oysters. The British, as the Pyefleet, Colchester, and Milford, are the finest kinds. The *native* Milton are white, fat, and very delicious; but others may be fed to possess these qualities. When the shell closes on the knife, the fish within is alive and strong, and the neater the shell the finer will be the oyster. Oysters may be bought much cheaper by measure

from the boats than by number at the shops ; but, in the former case, the oysters must be fed before they are opened.

Many shell-fish are supposed to be poisonous ; a notion which has arisen from the indisposition caused occasionally by eating them, most shell-fish being indigestible.

The importance of selecting live fresh-water fish for dinner is overlooked in this country. In Austria, the art of keeping fish is better understood than in England. Every inn has a box containing grayling, trout, carp, or char, into which water runs from a spring ; and no one thinks of carrying or sending *dead* fish for a dinner. A fish-barrel of cool water is carried on the shoulders of the fishermen ; and the fish, when confined in wells, are fed with bullocks' liver, cut into fine pieces, so that the fish are often in better season in the tank or stew than when they were first taken.

Some fish may be kept much longer than others. Thus, the mackerel, the salmon, the trout, and the herring, and many others that swim in shallow water, to be eaten in the greatest perfection, should be dressed for table the same day they are caught. On the other hand, carp, tench, the various flat-fish, and others that swim in deep water, are more firm to the touch, and will keep longer, than fish drawn from shallow water. Turbot, soles, and skate, will be remembered as instances among the flat-fish.

Certain parts of the kingdom are especially celebrated for the excellence of their fish ; a few of which it may be useful to enumerate. Thus, the Christchurch salmon is decidedly the best in England, for the Thames may now almost be considered extinct. The Hampshire, Colne, and Carshalton river trout are preferred. Thames perch and tench are very good with Dutch sauce. Perch are best water-souched, or fried in batter. A carp, when fat, is a dish for a prince. Pike (with Dutch sauce) are capital. London is principally supplied with eels from Holland ; a Dutch eel, small in the head, and kept long enough in clean water to purify him, is good ; but the finest eels are to be eaten at Godstow on the Thames. Gudgeons at Bath are scarcely inferior to smelts. The best lampreys are from Worcester. The finest mullet are now taken on the coast of Cornwall ; but the Jersey mullet are of splendid size. Dories are finest at Plymouth and Brighton.

MEAT.

VENISON.

The fattest venison is the most esteemed. The fat should be clear and bright; if young, the cleft of the haunch will be smooth and close, but if old, wide and tough. Its sweetness may be told by running a metal skewer or narrow knife into the shoulder or haunch, and judging by the scent. Venison is better for keeping; indeed, if eaten fresh, it is inferior to mutton.

Buck venison is in greatest perfection from Midsummer to Michaelmas, and doe from November to January. That which is shot without being hunted is of finest flavour, and will keep best.

BEEF.

Young ox beef is full grained, and of a bright red colour, the fat being whitish and pure; when it is a deep yellow, and has between the sirloin and ribs a streak of horn, the beef is old, and has been ill fed. Cow beef is not of so bright a colour as ox beef; the grain is closer, and the fat is whiter than in ox beef. Bull beef is still coarser and closer grained, and is of a deeper red, the fat being hard and skinny. Ox beef is altogether finest; but heifer beef, if well fed, is preferable for small families.

MUTTON.

Young mutton wants flavour, and is pale. It is not good under three years old, and best about five, or even six years old. Prime mutton is dark, plump, and marbled; the fat being firm and white. This only holds with wether mutton, which may also be known by a knob of fat on the leg, where, in ewe mutton, is the udder. Ewe mutton is of paler colour, and finer texture, but the meat is altogether inferior to wether mutton. Ram mutton is strong-flavoured, and spongy in the fat. Welsh sheep, driven up and fatted on Banstead Downs, and those bred on the South Downs, in Sussex, yield the finest flavoured mutton. These and the

Oakhampton are highly esteemed in London; but, in Somerset, the short-shanked Dorset, and the Lansdown mutton are preferred; in Norfolk and Suffolk, the long-shanked. The fine breeds of Leicester are also highly prized; as are also the black-faced sheep of Scotland.

The Dartmoor sheep, which produces the well-known Oakhampton mutton, is a small breed weighing about fourteen pounds per quarter.

VEAL.

The best is very white and fat, and more wholesome when it is so. It should be firm and fine in the grain, the kidney small, and well covered with thick white fat. If the large vein in the shoulder be not blue or bright red, the meat is stale. The fillet of a cow calf is preferable on account of the udder.

LAMB.

The eyes should be full and bright; the vein in the neck ruddy, or of a blueish colour; the knuckle in the hind quarter should be stiff, the kidneys small and fresh. Though the flesh be not high-coloured, it is healthy, and the fat white. Grass lamb comes into season in April or May, and continues till August. House lamb may now be had throughout the year, but is best from Christmas to Midsummer.

PORK,

When good, is fine-grained, fat, and fair; when inferior, it is red and coarse. The rind should be thin, (if thick and tough, the meat is old); the fat white and fine; and if young, the lean will break when pinched. Fresh pork is smooth and dry, but tainted if clammy: when the fat is full of lumps and kernels, the pork is measly. Dairy-fed pork is finest; and is known by the whiteness and smoothness of the lean. Pork is only *fine* during the winter months.

The Western pigs, from Berks, Oxford, and Bucks, are very superior to those brought from Essex, Sussex, and Norfolk; and, besides being better meat, the skin of the Western pigs is so thick, that when roasted it is a fine moderately soft substance, which may easily be eaten; but the skin of the

latter pigs is so thin, that when roasted it is too hard to masticate.

BACON

Should have thin rind, and firm fat, with a slight pink tinge; the lean should be of a good colour, and close to the bone. A yellow tinge denotes bacon to be rusty. The Wiltshire, Gloucester, and Hampshire bacon are best; but the Yorkshire is much esteemed. Irish bacon is mostly coarse, but it is now remanufactured in London, so as to resemble, in appearance, the finest English kinds.

HAMS

May be chosen by passing a metal skewer or sharp knife under the bone; if it come out with a pleasant savoury smell, the ham is good; if otherwise, the ham should be rejected. Short-hocked hams are usually the best. Large hams have the finest flavour, but small hams are requisite for side-dishes. Of the foreign kinds, Westphalia, or bears' hams, are the most prized; a fine kind is also sent from Bayonne. Of the English kinds, the Westmoreland, Cumberland, and Yorkshire are finest. Irish hams are rarely fine.

If, on examining a ham, it be tainted, separate it at the bone immediately, as it is possible that the taint may not have affected the whole ham.

Brawn should be chosen for the tenderness of the rind.

There is much difference in provisions that have been kept till ripe and tender, and such as are not sweet: the latter being as unwholesome as they are offensive. But meat is as often dressed too fresh as fish is cooked too stale. Joints that have been hung long should be carefully examined, and have the blackened parts pared off before they are cooked.

POULTRY AND GAME.

TURKEYS.

COCK-BIRDS, if young, have smooth black legs, with short spurs; if old, the legs will be rough, and the spurs long and hard. Poulterers, however, cut and shorten the spurs, to get off old birds. Freshness is denoted by fulness and brightness of the eye, and moisture of the feet; if stale, the eyes will be sunk, the feet dry, and the vent tainted. A hen-turkey may also be judged as above; if old, her legs will be red and rough. A turkey should be kept without meat thirty-six hours before it is killed, and should be hung up in its feathers.

Wild turkeys, as the red American, are far superior in flavour to any other. The brown Norfolk turkey may be fattened to resemble the American, by cooping it four days before killing; the first day, after feeding as usual, an entire walnut, with the shell, soaked twelve hours in water, must be crammed down the bird's throat; the second day give it two more walnuts, and three on each of the two following days. This method is for roasting-birds only: it makes the flesh darker, and gives it the flavour of game. A turkey hung a fortnight or three weeks, in cold weather, will also eat like game.

FOWLS.

Choose black-legged fowls, which are the most juicy, and best for roasting. A young cock will have short spurs and a bright red comb; if fresh, the vent should be close and dark. Hen-fowls are best when full of eggs; if old, their combs and legs will be rough; but smooth if young. Pullets are in their prime before they begin to lay. Capons should be chosen by thickness of the belly, largeness of the rump, and paleness of comb. As a general rule, choose fowls with a thin, transparent, white, and delicate skin. Dorking fowls bring a high price in the London market; but, it is an error to suppose that all Dorking fowls have *five* claws.

GEESE

When young, have yellow feet and bills; the breast should

be thick, and the feet of a good colour. Redness, dryness and stiffness, denote age and staleness in geese.

DUCKS.

Choose them by the same rules as fowls and geese; the breast and belly being firm and thick. The feet of tame ducks are large, and yellowish; those of wild ducks are smaller, and reddish: ducks should be picked dry; ducklings should be scalded.

PIGEONS

Are preferable when scarcely full fledged: they should be very fresh, when they will be fat and full at the vent; but if this part be discoloured, they are stale. The legs should be supple, and of a dusky white. Pigeons should be fat, but care should be taken not to mistake the crop for fatness. Tame pigeons are the most prized; although the wood-pigeon may, by keeping, be rendered equal in flavour to teal.

WILD FOWL

Should be chosen by the same rules as *tame*; and, like them, should be fat and hard at the rump.

PHEASANTS.

The cock-birds are best, except when the hens are full of eggs. A young cock has short blunt spurs, but an old bird has them long and sharp.

PARTRIDGES.

A young partridge has a dark bill and yellowish legs; when the legs are blue, the bird is old, and if the vent be green, the bird is stale. Several new varieties have lately been introduced into this country; those with red legs are high flavoured.

WOODCOCKS,

When in good condition, are thick and firm, and have a vein of fat down the sides of the breast; when stale, they run at the nostrils. The same rule applies to *land-rails and snipes*.

TEAL

Have black bills, and feet in shape like those of a duck: they are finest in very cold weather. *Grouse* are the earliest game.

PLOVERS

Are of three sorts; the green, gray, and bastard-plover, or lapwing: they should be hard at the vent, and have supple feet, else they are not fresh; though they may be kept long, and will be improved by hanging.

HARES AND RABBITS.

When young, the claws are smooth and sharp, the ears tender, and the cleft in the lip narrow: when newly killed, and fresh, the body will be stiff, and the flesh will be pale. Hares are much improved by keeping, if the inside be free from must; but, they should be dressed when they begin to turn, and bleed at the nose. *Leverets* are known from hares by a knob, or small bone, on the fore-leg, near the foot, which hares have not: the former will not keep. *Old* rabbits have the hair intermixed with the wool; the flesh shines, and is of a blueish instead of a whitish cast. An old hare is neither fit for roasting nor jugging; but should only be potted or made into soup.

THE POACHARD, OR DUN-BIRD,

Is a species of wild-fowl new to this country; it being caught only in January, in the coldest years. The flesh of this bird is exquisitely tender and delicate, and may be almost said to melt in the mouth: it has little of the common wild-duck flavour, and is best eaten in its own gravy, which is plentiful, without either cayenne pepper or lemon-juice. Its size is about that of a fine widgeon.

RUFFS AND REEVES

Are not so well known as they ought to be; their season is August and September: they must be taken alive, and fattened on boiled wheat, or bread and milk mixed with hemp-seed, for a fortnight: the finest are those from Whittlesea Meer, in Lincolnshire. The young of the black-headed gull have lately been proved excellent eating: their eggs resemble crows' more than plovers' eggs; but vast quantities of them are sold for plovers' eggs. Surrey and Sussex are the counties for the capon, Dorking and Horsham producing the largest breed of fowls in England: Norfolk and Suffolk for turkeys and geese.

TO KEEP POULTRY.

The crop and gut of the rump should be taken out: the place should be cool, and the poultry should be placed on a marble slab or shelf, with the breast downwards, rather than hung up. In drawing fowls, be careful not to crack the gall-bladder; this, if broken, will cause bitterness in the fowl, which cannot be removed. Fowls should be drawn through the vent only, and the rump should be tied closely with a string to the front part.

GAME

May be preserved for many days during the hottest period of autumn, by wrapping it in linen well moistened with equal parts of pyroligneous acid and water: sometimes a piece of ice wrapped in cloth, soaked in the acid, is also put inside the bird. By this means, grouse sent from Scotland may be received perfectly sweet in London.

EGGS, BUTTER, AND CHEESE.

In choosing eggs, hold them to the light: if they are clear, they are fresh; if they are thick, they are stale; if they have a black spot attached to the shell, they are worthless. Eggs should be new, or not more than twenty-four hours old, when they are stored, else their flavour cannot be relied on. The safest mode of choosing them is by holding them to the light of a candle.

Butter.—Epping and Cambridge butter are the most delicious kinds in the London markets. The Epping butter is made from cows which feed in the shrubby pastures of Epping forest, the leaves of the numerous wild plants there being supposed to improve the flavour. Cambridge butter is produced from cows that feed alternately on chalky uplands and rich meadows, which is thought to explain the excellence of the butter.

Cheese.—In purchasing cheese, it may be useful to know that blue mould must not be uniformly received as a test of age, for it may be produced by more methods than one; thus, by brushing the cheese with a hard brush, frequently dipped in whey, and, when dry, rubbing it over with a cloth on which fresh butter has been spread, this blue coat will appear in a short time.

VEGETABLES.

ALL vegetables do not contain equal proportions of nourishment; and so widely do these quantities vary, that one vegetable has been found to contain nearly eight times more nutritious properties than another. French beans, (not the green pods, but the seeds,) contain a very great proportion of nutritious matter, or 92 lbs. in 100 lbs.; broad beans, 89 lbs.; peas, 93 lbs. Greens and turnips yield only 8 lbs. solid nutritious substance in 100 lbs.; carrots, 14 lbs.; and, in opposition to the common opinion, 100 lbs. of potatoes yield only 25 lbs. of nutrition. One pound of good bread is equal to 2 and a half lbs. or 3 lbs. of the best potatoes; or, a quarter of a lb of bread, and 5 oz. of meat, are equal to 3 lbs. of potatoes, 1 lb. of potatoes is equal to 4 lbs. of cabbage, and 3 lbs. of turnips; but 1 lb. of broad beans, or French beans, is equal to 3 lbs. of potatoes.

The size of culinary vegetables is variously estimated, according to the purposes for which they are wanted: for genteel tables, they are required of a moderate, or even of a small size, provided they are of good colour and flavour; in other cases they can scarcely be too large, if they are to be cut up before dressing, or if required for made-dishes. Monstrous vegetables, especially if made so by art, are, however, seldom esteemed, being generally inferior to those of moderate growth.

Potatoes.—Of the round sorts, the most esteemed are the champion, late and early varieties; round red; middle-sized, smooth, round rough red, or Lancashire. Of the oblong, are the red-nosed oval, often confounded with the red kidney; the oblong red; the oblong white; the American red, long, and not thick; the Irish red, or pink, oblong, and entirely red, with hollow eyes; the bright-red, blood-red, or apple-potato, much grown in Cheshire and Lancashire. The kidney-shaped are the common white, most esteemed, and the red. In size, the early sorts are the least. In quality, the very early sorts are watery; the American and Irish reds, waxy; and the champion, the kidney, and red-apple, mealy, and agreeably flavoured: the latter will keep the longest of any.

Mealy potatoes are more nutritious than those which are

waxy ; as the former contain the greatest quantity of starch, in which consists the nutriment of this vegetable. New potatoes are scarcely worth eating till they cost little.

Cabbages.—The early dwarf-York, East-Ham, and sugar-loaf, are among the earliest ; the under-sized kinds for Summer ; and the large hollow sugar-loaf, and large round white Winter, are best from August to Christmas. The heads should be firm, green, or greenish-yellow, and white within.

Greens.—Cabbage-coleworts are useful as young open greens, as greens with closing hearts, or as greens forming a cabbage growth. Avoid the larger kinds, which are too spreading and open ; the others grow close, stocky, and full in the heart, and boil most tender and sweet for the table : they are best when the leaves are as broad as a man's hand.

Red Cabbages should be of a bright deep red within, very firm and compact. Those brought to market in Winter and Spring are of a much better quality than those which are brought in Autumn.

*Savoy*s.—The savoy is in use as a table vegetable from November till Spring, unless destroyed by frost, in which case it is succeeded by the borecoles, or Winter-greens. The green savoy must be used first, the markets being generally supplied with it until the plants are injured by frost ; the flavour of the dwarf savoy, on the contrary, is improved by frost, and, from its size, it is better adapted for the table. The yellow savoy is as good as either of the other sorts, and is sometimes considered much sweeter.

Brussels Sprouts are excellent Winter-greens ; the tops are very delicate when dressed, and are different in flavour from the sprouts. In Belgium, where this vegetable is eaten in the highest perfection, the small cabbages are not esteemed if more than half an inch in diameter.

Borecole boils well, and is most tender, sweet, and delicate, provided it has been duly exposed to frost : the German kale is the most preferable sort

Cauliflowers should have close, firm clusters or heads, and white and delicate.

Brocoli is distinguished from cauliflower by its colour in the flower and leaves : the varieties of brocoli are preferable as they approach to a pale or light colour.

Sea-kale, unlike most other vegetables, is improved by

forcing; the forced shoots produced at mid-winter being more crisp and delicate in flavour than those of natural growth in April or May. From four to six heads, tied together, like asparagus, make a dish.

Asparagus.—There are two varieties; the red-topped, generally cultivated by market-gardeners, and the green-topped, in private gardens; the latter being considered the best flavoured.

Spinach.—The round-leaved sort, with large, thick, and juicy leaves, is prized for Spring and Summer; and the triangular-leaved for Winter and Spring. Wild spinage, when young and tender, is eaten in Lincolnshire, in preference to the garden sort. *New Zealand spinach* supplies fresh leaves, fit for use, when the crops of Summer spinach are useless.

Peas.—The Charlton varieties are excellent peas for the table, early and late in the season: the marrowfat, the egg, the Prussian-blue, the rouncivals, the large sugar, and the crown, are all very fine-eating peas in young growth. The deadman's-dwarf is a small delicious pea, in high request at genteel tables.

Garden-Beans.—The Mazagan and Lisbon are among the early small sorts: of all the large kinds, the Windsor are preferred. For table-use, only such as are tender should be gathered, the seeds decreasing in delicacy after they attain about half the size which they should possess at maturity. When they become black-eyed, they are tough, and strong.

Kidney-Beans.—The unripe pods are chiefly eaten in this country; but, on the Continent, the ripe seeds are much used for haricots. The dwarf kinds are more delicate than the runners; but the forced-dwarfs have little flavour. The scarlet-runners, when young, have the pods thick, and tender.

Turnips.—Though yellow turnips are not admired at table, they are equally palatable, and much more nutritious than the white varieties. Two or three French turnips in seasoning will give a higher flavour than a dozen of other turnips. The yellow-Dutch has a fine flavour, and is very nutritious. *Turnip-tops* are equally good from any of the varieties. Field-turnips are of a better flavour than those produced in a garden; and the same remark applies to potatoes, and to all the cabbage-tribe (excepting the cauliflower and brocoli).

Carrots should be juicy, and of an orange-red, yellow, or

pale straw-colour; the white are dry and strong-flavoured. The best kind is the large, long orange-carrot.

Parsneps.—The garden-kind has smooth leaves, of a light-green colour, in which respect it differs from the wild plant, the leaves of which are hairy and dark-green, and the roots strong.

Beet-Root.—The green-leaved variety is more tender in the roots than the red-leaved sort.

Sorrel.—Of the garden-kind, there are two varieties, the broad-leaved, and the long-leaved; the first of which is esteemed the most succulent. Sorrel gives an excellent flavour to turnip-tops.

Wood-Sorrel forms a grateful addition to salading, and gives an agreeable relish to mashed greens.

Cucumbers.—The early long-prickly, from five to seven inches long, of a green colour, with few prickles, is one of the best kinds: the early short-prickly is also much esteemed. Flanagan's cucumber is nearly two feet long, and of superior crispness and flavour. The white and long green Turkey are later varieties.

Lettuces.—The Cos, and cabbage kinds, have white, close, firm heads, when in perfection: when very young, cabbage-lettuces have a milder and more agreeable taste than Cos-lettuces; but, when full grown, the Cos are preferred.

Endive.—The green and white curled sorts are preferable for salads; the broad-leaved kind for soups.

Celery.—The white kind is best for salads; the red is rather coarse, but is well adapted for soups.

Mustard and Cress are mild and tender, when newly expanded; but, when the leaves are rough, they eat rank.

Corn-Salad is used through Winter and early Spring, both as a substitute for common lettuce, and as small salad.

The American Cress is liked as a Winter and early Spring salad, resembling in flavour the common water-cress.

Radishes.—The spindle-kinds should be straight, long, and free from fibres, and have small leaves on the top. The turnip-rooted should be small. The Winter sorts have a coarser flavour than the other kinds.

Thyme.—The broad-leaved common sort is mostly preferred; but the flavour of the yellow is liked in peculiar dishes.

Mint.—Spearmint and peppermint should be gathered

when the young green tops are from one to six inches long, and in their advanced growth, throughout the Summer.

Sage.—The red sage has the most agreeable and the fullest flavour; the green is next esteemed; and the small-leaved green is preferred for “sage tea.”

Parsley.—The poisonous weed called fools’ parsley has sometimes been mistaken for common parsley. They are easily distinguished: the leaves of fools’ parsley are of a darker green, of a different shape, and, instead of the peculiar parsley smell, have, when bruised, a disagreeable odour. The curled variety only should be used; and it makes the best garnish.

Onions.—The Strasburg onion keeps well, but is of strong flavour; the Deptford, and the globe-sorts, are mild, and keep well: the Portugal and Spanish are mild, but do not keep well: the silver-skinned, and two-bladed, are best for pickling. The potato-onion is inferior to the others in flavour. *Spanish Onions* are only in perfection from August to December.

Chives.—The leaves are used as a salad-ingredient in Spring, being esteemed milder than onions or scallions.

Shalots are in high season in July, August, and September.

Mushrooms.—The greatest caution is requisite in selecting any kinds for food; and it is advisable merely to eat the common sort. Wild mushrooms from old pastures are considered more delicate in flavour, and more tender in flesh, than those raised in artificial beds. But the young or button mushrooms, of the cultivated sort, are firmer and better for pickling; and in using cultivated mushrooms, there is evidently much less risk of poisonous kinds being employed.

The following is a description of the unsuspected sorts:—The *eatable* mushrooms first appear very small, and of a round form, on a little stalk: they grow very fast, and the upper part and stalk are white; as the size increases, the under part gradually opens, and shows a fringy fur, of a very fine salmon-colour, which continues more or less till the mushroom is a tolerable size, when it turns to a dark-brown. These marks should be attended to, and likewise whether the skin can be easily parted from the edges and middle: those which have a white or yellow fur should be carefully avoided. The wholesome kinds have a grateful rich scent: it is, however, safest not to eat any of the good but less common sorts, until they have been soaked in vinegar.

FRUIT.

Forced fruits are very inferior to those which grow naturally: the former are obtained at a period when there is little sunshine, but the latter are ripened in the full blaze of a summer sun.

Rhubarb.—One of the most valuable varieties of rhubarb is the *Elford*, a very early sort: it possesses the peculiar property of retaining its brilliant scarlet colour, although forced in darkness; in addition to which, its flavour in a tart is not surpassed by that of any other variety. There are two varieties of flavour in rhubarb, apple and gooseberry.

Gooseberries.—Although the large gooseberries make a fine appearance at table, they have often less flavour than the smaller kinds. Many of them have thick, strong skins, and are not eatable unless thoroughly ripened. The best of the large kinds are the red-Champagne, green-walnut, and Wilmot's early-red; the latter is of excellent flavour, and better for puddings and tarts than most others. The old rough-red and small is excellent for preserving as gooseberry-jam, and the best for bottling, when green. The early green hairy-kind, small, round, and deep-coloured, is also excellent; and the white, large, oblong, and downy gooseberry, is capital for tarts early in the Spring, when few are ready for that purpose. In Lancashire, the Warrington or Manchester-red is esteemed the best dessert-fruit; and the walnut-red the best sort for preserving. Although the Lancashire gooseberries are the largest, their flavour is inferior to that of the Scotch, which are of much smaller size.

The yellow gooseberries have, in general, a more rich and vinous flavour than the white: they are, on that account, the best for dessert, and for wine-making. The green gooseberries are mostly inferior to the yellow, and even to the white: some of the larger greens, especially those that are smooth, gourd-shaped, and of a brownish tinge, are almost tasteless. The red gooseberries are very various in flavour.

Currants.—The finest kinds are the black Naples, the common black, Champagne pale red, large red, or red Dutch,

white crystal, and white Dutch, with yellow fruit. The latter is by far the sweetest, and is preferable for wine and the dessert; but its bunches are not so large as those of the white crystal.

Strawberries.—The pines, hautbois, and Wilmot's superb, are much esteemed for desserts. The colour of the pine is a deep red on both sides; and it is the highest flavoured and richest of all strawberries. Strawberries can be had in perfection only in dry weather, for a very slight shower will render this fruit comparatively flavourless.

Raspberries.—The finest are the Antwerp sorts, red and yellow, and Williams's preserving. All raspberries should be eaten, or preserved, as early after they are gathered as possible, since they lose their flavour sooner than any other fruit. Even a few hours will diminish it; and if they be kept for two or three days, the flavour will be almost entirely lost. When on the bush, the flavour does not continue above two or three days after the fruit is ripe.

Cherries.—The finest kinds for dessert are the Mayduke, Bigarreau, white-heart, Waterloo, and black-heart; for tarts, and preserving, the Kentish, and the Morello; and red and black wild, for brandy.

Cranberries.—The American, or larger kind, is cultivated in this country, and has much the same flavour as the Russian and Swedish imported cranberries.

Apples for the table should have a fine juicy pulp, high flavour, regular form, and beautiful colouring: those for kitchen use should be of large size, and form a pulpy mass of equal consistency, when baked or boiled. Some sorts of apples, as codlins, have these qualities when green; and some only after being ripe, as the russet tribes.

Dessert apples.—The golden reinette is one of our best Winter fruits, keeps well till March, and will retain its beauty, with its fine aromatic, subacid flavour, till the very last. The old nonpareil is a general favourite, on account of its peculiarly agreeable brisk flavour, and the length of time it keeps. The foreman screw-apple is one of the best table-apples we have, as it combines the excellences of the old golden pippin and nonpareil.

The following apples are much recommended for cooking.—Our best codlins, which come earliest; Conklin's pine-apple,

a celebrated American fruit; russetings, which will keep a long time; Hawthornden, excellent from Michaelmas to Christmas; and the Spitzbergen pippin, a fine large apple, which keeps the greater part of the Winter. In Herefordshire, the most highly esteemed for cooking are the quining, or queaning, and the Boovey redstreak. There are some excellent sorts in Devonshire.

Pears for dessert should have a sugary aromatic juice, and soft melting pulp, as in the *beurrés*, or butter-pears; or they should be of a crisp consistence, as in the Winter bergamots. Kitchen-pears should be of a large size, with the flesh firm, and rather austere than sweet. Among the choice pears are, in Summer, the early bergamot, Jargonelle, and Williams's Bonchrétienne; Autumn, bergamot, beurré, Duchess of Angoulême, Gansel's bergamot, and Marie-Louise; Winter, beurré, Chaumontel, Colmar, Crasanne, swans'-eggs, and Bonchrétienne. The best baking-pears are the Pound, or Worcester, the Catillac, the Trevor, and St. Germain.

Plums ripen nearly throughout six months of the year. In July and August, are the early amber, green-gage, violette, and early Orléans; in August and September, the prune damson, purple-gage, Orléans, and white magnum-bonum, the latter only for preserving; in September and October, Cox's plum, the imperatrice oblong, with thick bloom, the prime Suisse gold-coloured, St. Katherine pale-yellow and russet, and the white bullace. The common damson is not of such fine flavour as formerly; the royal damson is similar to the prune damson. The Morocco is one of the best of our early plums. The finest green-gages have a yellowish-green skin, but, when fully exposed to the sun, are of a purplish colour, marbled with russety, muddy-red: the flesh is yellowish-green, very melting, and the juice is abundant, sugary, and of the richest and most exquisite flavour. The cherry-plum, like the Bigarreau cherry, is very handsome in the dessert, and makes excellent tarts. The nectarine-plum much resembles a nectarine, and is the best plum of its size. The purple-gage equals the green-gage in flavour, and may be kept much longer. The violet-diaper is a fleshy, firm dessert plum. The wheat, or harvest-plum, is amber and bright-red, and sugary and subacid. The wine-sour is the most valuable of all our plums for preserving, and may be

kept one or two years. Cox's plum may be kept a long time after it is gathered. The white bullace makes nice tarts, and, when boiled in sugar, it may be kept twelve months.

The Sloe, when ripe, forms an excellent preserve; when unripe, its juice is an almost indelible ink for marking linen. The sloe is also used in home-made wines, to communicate to them the colour and roughness of port.

Peaches.—The best kinds have the flesh firm, the skin thin, of a deep or bright-red colour, next the sun, and of a yellowish-green next the wall; the pulp should be yellowish, and full of high-flavoured juice; the fleshy part thick, and the stone small.

Nectarines should be chosen by the same rule as peaches.

Apricots.—The red masculine, small, and of greenish-red colour, is esteemed for its earliness, and tart taste: the Orange-kind, of large size, and deep-yellow colour, is excellent for preserving, or in tarts: the Moor-park apricot is much prized; but the peach-apricot is the finest, and largest.

The kernels of peaches, nectarines, and apricots, have a flavour like that of noyau; and the leaves give the same flavour by infusion in water, or in spirits.

Figs are not eatable unless the inner pulp is perfectly ripe and sweet.

Pine-Apples.—The old and new queen, oval-shaped, and of a gold-colour, and the black Antigua, somewhat oval, with pale yellow flesh, are the pines most esteemed for their size and richness of flavour. The new and curious sorts are generally inferior in flavour to the old kinds.

Melons.—Small melons are, when equally ripe, more richly flavoured than large ones. The cantaloupe is one of the best kinds; it is middle-sized, nearly round, and very rough on the surface; the darkest outside, most richly tinted in the flesh, and moderate sized melons have the highest and most musky flavour. The Salonica is a beautiful melon, smooth, and of a fine golden colour, with white and sweet flesh. The oblong-ribbed, called the musk-melon, is very high flavoured. The black, and Dutch rock, both with knobbed skins, have melting, sweet, and high-flavoured flesh. The netted kinds are rich, sweet, and juicy. The smooth scarlet-fleshed is firm and high flavoured: the green-fleshed is likewise excellent. The Winter melons, to be had in the fruit-shops from September

to January, should be hung up by the stalk, or in nets, in a dry room.

Grapes should be chosen for their blooming freshness; when the stalks are dry, the fruit is generally stale and flat. Among the finest kinds are the black Damascus, Lisbon, and Frontignac, with round berries: black Muscadine, Hamburgh, and small black cluster, with long black berries: Muscadine, Frontignac, and Sweetwater, with round white berries: Muscats of Alexandria and Lunel, with long white berries: red Muscat, Frontignac, and Hamburgh.

Mulberries should have a highly aromatic flavour, and sub-acid juice, and should be eaten only when fresh gathered.

Barberries.—The red variety, without stones, has an agreeable flavour when fully ripe, and makes an excellent preserve: the common red, with stones, is more ornamental than useful. Barberries are used for preserving, candying, and pickling, as well as for garnishing dishes.

Elderberries.—The kind used for wine are blackish-purplish, and mawkishly sweet. The yellow and green elderberries are also used for wine-making; and a wine is made from the *flowers*, which in flavour resembles Frontignac.

Quinces.—The Portugal is more juicy, less harsh, and much better for marmalade, than either of the other kinds: it is an oblong fruit, and of a fine purple colour, when dressed. Quinces are gathered in November, when they are generally ripe; they are laid in a heap for a few days, then wiped dry, and placed on the fruit-shelf, at some distance apart.

Medlars.—The Dutch medlar, of the shape of an apple, is the largest and handsomest; but the Nottingham is of superior quality. Medlars are not good till rotten-ripe: they are generally gathered in the beginning of November, and placed between two layers of straw to ripen them.

Biffins are the Norfolk beauffin apples, many thousands of which are dried by the bakers in Norwich annually, and sent in boxes to all parts of the country.

The Love-Apple, or tomata, when ripe, is of the size of a small apple, and of bright-red and orange-colours: when green, it is pickled or preserved; when ripe, it is employed for sauces.

Filberts.—The red kind has a finer flavour than the white.

The cob-nut is large and sweet. The common wood-nut is rarely good: the best kinds are brought from Kent.

The Spanish nuts of the shops are fresh from Spain: the Barcelona nuts are another kind, kiln-dried before exportation.

Nuts of all kinds are fumigated and freshened by dealers with the fumes of sulphur, by which means walnuts of last year are made to resemble those of the present season. In this manner, too, the husks of filberts are made to assume a fine yellowish-brown colour.

Walnuts should be fresh, and damp in the shell, for dessert; and green, before the nut hardens, for pickling.

Chestnuts.—The finest are imported; those grown in this country not attaining so large a size. The chestnut is wholesome and nutritious: it is the least oily of all the nuts, and therefore, though it may not be so nutritious, it is more easy of digestion.

Almonds.—The sweet Jordan, and the small tender shelled, are most prized.

Oranges.—The oranges of St. Michael, one of the Azores, are now the best in the European market: they are small, but the rind is thin and smooth, and the pulp is lighter and more sugary than that of other kinds. The Maltese, with red pulp, is a noted and prized sort. The elove, or mandarin, with a loose skin, is the most delicate of the whole tribe. The Seville, or bitter orange, is chiefly used for making marmalade; but it may be employed for all the purposes of the lemon: it is only to be purchased fresh from February to April.

Oranges and lemons are gathered for the British market from October to January; but the former are rarely sweet till after Christmas.

Olives.—There are two kinds,—the French, of a light-green colour; and the Spanish, which are darker in colour, and larger. If olives be not bright, but of a blackish cast, they are not eatable.

Citron is rarely brought to the dessert in a raw state, but it forms excellent preserves and sweetmeats; and its juice is a very fine acid for punch.

The Shaddock is rarely eaten in this country; but its juice is subacid, and excellent for quenching thirst.

The Lime is used as the lemon; its juice being by some persons considered more wholesome and agreeable.

The *Pomegranate* adds to the variety of the Winter dessert, and is eaten like an orange; its acid pulp is very refreshing.

Blackberries may be made into an economical but nice jam. *Service-berries* have an agreeable mealy flavour. *Bird-cherries* will improve gin or whisky. *Dewberries* are agreeably acid and aromatic. *Snowberries* are strongly perfumed, and acid. *Bilberries* are good in tarts, and make a good sauce for roast mutton. Bilberries, when in perfection, have a delicate bloom; but they are tender, and, when kept for some time, ferment.

The flavour of *cloudberry*s is very fine, and superior to any of our wild strawberries; they have a sharpness which does not belong even to the best of those which are cultivated.

Pumpkins are but occasionally eaten: when ripe, one may be converted into a sort of pie, by cutting a hole in the side extracting the seeds and filaments, filling the cavity with apples and spices, and baking the whole.

Gourds.—The *squash* is better adapted for boiling or stewing, in a green state, than any other gourd.

Covent Garden measures.—The following information will be useful, as fruit and vegetables are sold by these measures in many large markets:

| | |
|-------------------------|---------------------|
| Half-sieve | 1 peck. |
| Quarter-sieve | 1 gallon. |
| Second punnet | 1 pottle. |
| Third punnet | 1 quart. |
| Least punnet | 1 pint and a third. |

GROCERY.

Sugar.—The lowest priced and coarsest sugar is not the cheapest in the end, as it is heavy, dirty, and of a very inferior degree of sweetness; that which is most refined is the sweetest: the best has a bright and gravelly appearance. East India sugars appear finer in proportion to the price; but they do not contain so much sweetness as the other kinds. Loaf sugars should be chosen as fine and as close in texture as possible, except they are for preserving, when the coarse, strong, open kind is preferable.

To choose Tea.—Try the gunpowder by infusion, as it is too often adulterated with common hyson, dyed in deeper green, and rolled up like it in smooth round grains. Hyson tea is larger in grain, and will fall to dust with slight pressure; yet its leaf is large after infusion. The latter is a deeper colour than the single, which may be known by the flatness of its leaf, whilst that of the hyson is round. These are *green teas*. Of the boheas, or *black teas*, souchong, by infusion, yields a yellowish-green colour. Camho is a fine tea, with a violet smell, and a pale shade. Pekoe has small flowers mixed with it. Congo has a large leaf, and yields a deep tint to water.

The tea may be known from the sloe-leaf as follows:—the tea-leaf, after being scalded and dried, will be found narrow in proportion to its length, deeply notched at the edge, and with a sharp point; whilst the sloe-leaf is notched very slightly, darker in colour, round at the point, and of coarser texture.

Coffee.—It is advisable to roast your own coffee, as grocers are only allowed, by the excise-laws, to roast a large quantity at once; to obtain freshly-roasted coffee is, consequently, a chance. Ground coffee is often adulterated with suecory.

Pepper.—The finest Cayenne pepper consists of powdered bird-pepper; but, as this is of a bad colour, it is often adulterated to heighten the colour. English chilies, dried and pounded, make good pepper.

White pepper is inferior to black, although the former is sold at the highest price. White pepper is merely black pepper deprived of its outer coating, which has a stimulating property; so that white pepper is much weaker than black.

Cinnamon, when good, is rather thin and pliable, and about the substance of thick paper, of yellowish-brown colour, sweetish taste, and pleasant odour: that which is hard, thick, and dark-coloured, should be rejected.

Morels are used, either fresh or dried, to heighten the flavour of gravies. *Truffles* are used in stuffings and gravies. Both morels and truffles have a very rich flavour in their green state, but when dried are of comparatively little value.

Tamarinds.—East Indian are better than West Indian tamarinds for medicinal purposes, as the former are preserved without sugar, and contain most acid.

Barley.—Old pearl and Scotch barley, by long keeping, becomes mealy, musty, and sour; and should be washed before using.

MISCELLANEOUS ARTICLES.

Candles and Lamps.—In purchasing wax, spermaceti, or composition candles for *company*, there will be a saving by proportioning the length and size of the lights to the probable duration of the party. Mixed wax and spermaceti make the best candles, of which a long *four* (that is, four to the pound) will last ten hours; a short *six* will burn six hours; a *three*, twelve hours.

A moderate-sized French table-lamp will consume a quarter of a pint of oil in twelve hours and a half.

A common japanned kitchen-lamp, with one burner, will consume one-eighth of a pint of oil in nine hours, the cost of which will be $\frac{3}{4}d.$ when the oil is at 4s. a gallon.

White wax tapers are safer than green: if the latter be lighted, and the flame then blown out, leaving the wick glowing, it will burn without flame till all the wax be consumed; whereas this does not happen with white tapers.

Soap and Candles are much improved by keeping, and the latest time at which the Winter-store should be laid in is the month of September, for they are likely to get dearer as winter approaches. Store candles are best made in March: if they become very white, they have been kept *too long*, and will not burn well. Soap should be cut into pieces to harden, and the

best place to store it is in a large dry closet. Candles should be left in a cool place, if not in the cellar.

Soda being very cheap, is an excellent substitute for soap : it should be dissolved in water, some of which pour into the pail, tub, or boiler. Soda is much used in washing, and in cleaning floors.

Coals should be bought at proper seasons : there is for every article a cheap season and a dear season, and with none more than coals ; insomuch, that a coal-cellar may be filled in the middle of Summer at considerably less expense than it can be filled in Winter.

The price of coals fluctuates with their quality, the quantity brought to market, and the demand for them. In long frosts, especially, if there be strong easterly winds, coals sometimes rise in the Winter months as above. They are cheapest in the months of May and June. Be cautious of dealing with advertising, or brass-plate coal-merchants ; the latter are persons who have no wharfs, but merely give their orders to some true coal-merchant, who send in the coals from his wharf. The brass-plate coal-merchant, of course, receives a commission for his agency, which is just so much loss to the consumer.

Kitchen paper, whited-brown, and common writing, is much used : it should be bought by ream or half ream, which will be much cheaper than by the quire. White paper only should be used for singeing, and for covering meat, pastry, &c.

Cutlery.—The figure of a hammer stamped on knives, and other cutlery, should denote them to be *wrought*, and not *cast* ; but this mark is often unwarrantably used. “ London made,” stamped on cutlery should denote it to be made in London, or at a distance of twenty miles from it ; though great quantities of “ London made” knives and forks are manufactured at Sheffield.

ARTICLES IN SEASON.

SOME weak-minded persons affect to despise articles of food when they are plentiful and cheap, not knowing that such is the time when the articles are in the greatest perfection.

Young and inexperienced housekeepers sometimes incur unnecessary expense by ordering articles of food when they are scarce, dear, and hardly come into season. This can only be prevented by attention to the seasons of different articles, and their supply in the market, such as are shown in the following table, where a * denotes finest. In each month likewise, are shown the earliest natural growth, and the continuance, of esculent vegetables.

JANUARY.

Fish.—Barbel, brill, carp, cockles, cod, crabs, dabbs, *dace, eels, *haddocks, herrings, ling, lobsters, mussels, oysters, perch, pike, plaice, prawns, salmon, shrimps, skate, smelts, soles, sprats, *tench, turbot, *whitings.

Meat.—Beef, mutton, veal, house-lamb, pork, and venison, brawn.

Poultry.—Turkeys, capons, pullets, fowls, tame pigeons, rabbits.

Game.—Grouse, partridges, pheasants, hares, woodcocks, snipes, wild fowl.

Vegetables.—Borecole, or Scotch kale, brocoli, cardoons, leeks, celery, parsneps.

FEBRUARY.

Fish.—Barbel (*the spawn of this fish is poisonous*), brill, carp, cockles, cod, crabs, dabbs, *dace, eels, flounders, haddocks, herrings, ling, lobsters, mussels, oysters, perch, pike, plaice, salmon, shrimps, skate, smelts, soles, *tench, turbot, *whiting.

Meat and poultry as in January, with the addition of chickens and ducklings, which are now to be bought at high prices; though they are best when they are cheapest.

Game.—Hares and wild fowl.

Vegetables.—Brocoli leeks, parsley (and through the year) parsneps.

MARCH.

Fish.—Brill, carp, cockles, cod, crabs, dabbs, dory, eels, flounders, ling, lobsters, mussels, oysters, perch, pike, plaice, *prawns, salmon, shrimps, *skate, smelts, soles, *tench, turbot, *whittings.

Meat, as in February. Veal is best from March to July.

Poultry, as in February. *Game*.—Wild fowl.

Poultry is in greatest perfection when it is most plentiful. It is generally dearest from March to July, and cheapest about September, when the game-season commences, and the weather, being cooler, will allow it to be kept longer.

Vegetables.—Brocoli, parsneps, radishes, small salad (and through the year), sea-kale, spinach (Spring).

APRIL

Fish.—Brill, carp, cockles, cod, *crabs, dabbs, dory, eels, flounders, ling, *lobsters, mackerel, mullet, mussels, oysters, perch, pike, plaice, *prawns, *salmon, shrimps, *skate, smelts, soles, *tench, turbot, whittings.

Meat.—Beef, mutton, veal. Grass-lamb is best from April to June.

Poultry.—Pullets, fowls, chickens, ducklings, pigeons, rabbits.

Vegetables.—Asparagus, chervil, cucumbers, lettuce, parsneps, radishes, sea-kale, spinach (Spring).

MAY

Fish.—Brill, carp, cod, *crabs, dabbs, dace, dory, eels, flounders, gurnets, ling, *lobsters, mackerel, mullet, perch, pike, plaice, *prawns, *salmon, shrimps, *skate, smelts, soles, tench, trout, turbot, whittings.

Meat and poultry, as in April.

Vegetables.—Asparagus, cabbage, carrots, cauliflowers, chervil, corn-salad, cucumbers, lettuce, peas, potatoes (and through the year), radishes, sea-kale, spinach (Spring), turnips.

JUNE.

Fish.—Carp, cod, *crabs, dabbs, dace, dory, eels, flounders, gurnets, haddocks, ling, *lobsters, mackerel, mullet, perch, pike, plaice, *prawns, *salmon, *skate, soles, tench, trout, turbot, whittings.

Meat, as in May, with the addition of venison.

Poultry, as in May.

Vegetables.—Asparagus, beans (French and kidney), beans (Windsor), cabbages, carrots, cauliflowers, chervil, corn-salad, cucumbers, endive (and through the year), lettuces, peas, radishes, spinach (Spring), turnips.

For drying.—Orange-thyme, mint, tarragon, burnet.

For pickling.—Garlic.

JULY.

Fish.—Barbel, carp, *crabs, dabbs, dace, dory, eels, flounders, gurnets, haddocks, ling, *lobsters, mackerel, mullet, perch, pike, plaice, *prawns, salmon, skate, soles, tench, thornback, trout, turbot, whittings.

Meat, as in June.

Poultry.—Pullets, fowls, chickens, rabbits, pigeons, green geese, leverets, turkey poults.

Game.—Plovers, wheatears.

Vegetables.—Artichokes, asparagus, beans (French, kidney, and scarlet), beans (Windsor), carrots, cauliflowers, cucumbers, lettuce, peas, salsafy, spinach (Spring), turnips.

For drying.—Knotted marjoram, Winter savory, Summer savory.

For pickling.—Beans (French), cabbage (red), cauliflowers, cucumbers, gherkins, nasturtiums, onions, radish-pods

AUGUST.

Fish.—Barbel, carp, dabbs, dace, eels, flounders, gurnets, haddocks, herrings, lobsters, oysters (4th), *perch, *pike, plaice, *prawns, salmon, skate, soles, tench, thornback, *turbot, whittings.

Meat and poultry, as in July.

Game.—Grouse, from the 12th.

Vegetables.—Artichokes, beans (French, kidney, and scarlet), beans (Windsor), carrots, cauliflowers, cucumbers, lettuces, onions, peas, salsafy, shalots, turnips.

For drying.—Basil, sage.

For pickling.—Capsicums, cabbage (red), chilies, tomatoes, or love-apples, walnuts.

SEPTEMBER.

Fish.—Barbel, carp, cockles, *dace, eels, flounders, gurnets, haddocks, herrings, lobsters, mussels, oysters, *perch, *pike, plaice, shrimps, soles, tench, thornback, whittings.

Meat, as in August. Beef is best from Michaelmas to Midsummer. Pork is best from Michaelmas to March.

Poultry, as in August, with the addition of geese.

Game.—Grouse, partridges.

Vegetables.—Artichokes, beans (scarlet), celery, Jerusalem artichokes, leeks, onions, shalots, turnips.

OCTOBER.

Fish.—Barbel, brill, carp, cockles, cod, crabs, *dace, eels, haddocks, herrings, lobsters, mussels, oysters, perch, *pike, shrimps, soles, tench, thornback, whittings.

Meat, as in September, with the addition of doe venison.

Poultry, as in September. All kinds are cheapest now, when the game-season commences.

Game.—Grouse, partridges, pheasants, hares, snipes, wild fowl.

Vegetables.—Artichokes, brocoli, celery, leeks, onions, parsneps, shalots, spinach (Winter), turnips.

NOVEMBER.

Fish.—Barbel, brill, carp, cod, cockles, crabs, *dace, eels, haddocks, herrings, ling, lobsters, mussels, oysters, perch, *pike, plaice, shrimps, skate, smelts, soles, sprats, *tench, thornback, whittings.

Meat.—Beef, mutton, veal, house-lamb, pork, and venison.

Poultry and Game, as in October.

Vegetables.—Borecole, or Scotch kale, brocoli, cardoons, celery, leeks, onions, parsneps, shalots, spinach (Winter).

DECEMBER.

Fish.—Barbel, brill, carp, cockles, cod, crabs, *dace, eels, *haddocks, herrings, ling, lobsters, mussels, oysters, perch, pike, plaice, salmon, shrimps, skate, smelts, soles, sprats, *tench, whittings.

Meat, as in November. Mutton is best from Christmas to Midsummer.

Poultry.—Geese, turkeys, pullets, pigeons, capons, fowls, chickens, rabbits, guinea fowls.

Game.—Snipes, woodcocks, pheasants, partridges, wild fowl, dun-birds, grouse.

Vegetables.—Borecole, or Scotch kale, brocoli, cardoons, celery, leeks, parsneps, shalots, spinach (Winter).

CURING FISH.

Choice of Salt.

LARGE-GRAINED salt is best adapted for curing fish, as it will remain between the layers, and be very gradually dissolved; thus furnishing a slow but constant supply of brine.

Salted Cod-Fish.

Salted cod-fish are mostly imported from our fisheries on the coasts of Labrador and Nova Scotia, where the fish are caught, split, salted, and dried. A great quantity of cod is also imported *green*, that is, it is split and salted, but has not been dried at the stations. The cod-fish prepared in Shetland is, by some persons, considered superior to that of other places.

Sturgeon.

The sturgeon is salted and dried, and from this fish are produced isinglass, and caviare: the former is prepared from the air-bladder. Caviare is a preparation from the roe of the sturgeon, and has a strong, oily, but agreeable flavour.

To cure Salmon.

Salmon is best cured, or *kippered*, as it is called, in Scotland; but it may be likewise prepared as follows:—Cut the fish down, scale and clean it, cut off the head, and take out the inside, the roe, and the bone; then mix pounded saltpetre, bay-salt, and coarse sugar, in equal proportions, and rub them into the salmon; leave it on a board or dish two days, when rub it with common salt; let it drain for a day, and then wipe it; spread the fish open with small sticks, and hang it up in the smoke of a wood-fire, or in the sun, to dry; then remove it, and keep it in a dry place till used. In Scotland, the salmon is smoked in the reek of peat, or juniper-bushes; and allspice, or pepper, are added in salting it.

Salmon may, however, be cured with sugar only; and, by some persons, the fish thus preserved are considered superior in flavour and quality to those which are salted or smoked. A table-spoonful of brown sugar is sufficient for a salmon of

five or six pounds' weight, and while the fish is drying, it is only necessary to wipe and ventilate it occasionally, to prevent mouldiness.

To salt Herrings.

Cut them open, and leave in them only the roes; wash the fish, and soak them twelve or sixteen hours in brine, strong enough to bear an egg; take them out and drain them. Then pack the herrings in a keg, or jar, with a layer of salt between each layer of herrings; cover the top with salt, and head-up, or tie over, air-tight.

To dry Herrings.

Clean, and salt the herrings for two days; then dip them in pyroligneous acid; once for keeping a week, and oftener, at intervals, if for a longer time; then hang up to dry. Herrings thus cured, have much the flavour of smoked herrings, but are not so salt. Sprats may also be cured as above.

To smoke Herrings.

Lay them in salt and saltpetre for a night, and then hang them in wood or peat smoke.

To dry Haddocks.

Take out the gills, eyes, and entrails, and clean the blood from the back-bone; wipe them dry, salt them, and lay on a board for a night; hang them up in a dry place, and they will be ready in three or four days.

To cure Finnan Haddocks.

Take off the heads, split, and clean as above; lay them in salt for two hours, drain them, and then wet them with pyroligneous acid. Hang them up to dry from three days to a fortnight, and they will be fit to eat. In Scotland, they are smoked over peat.

CURING MEAT.

MEAT intended for salting should hang a few days, till its fibres become short and tender, instead of being salted as soon as it comes from the market; though, in very hot weather, it may be requisite to salt as soon as possible; beginning by wiping dry, taking out the kernels and pipes, and filling the holes with salt.

Beef and pork, after being examined and wiped, should be sprinkled, and hung to drain a few hours after, before they are rubbed with salt: this cleanses the meat from blood, and improves its delicacy. The salt should be rubbed in evenly; first, half the quantity of salt, and, after a day or two, the remainder. The meat should be turned every day, kept covered with the pickle, and rubbed daily, if wanted soon. The brine will serve for more than one parcel of meat, if it be boiled up, skimmed, and used cold.

In salting beef, the brisket and flat ribs should be jointed, so as to let in the salt, which should also be rubbed well into each piece; the meat should then be put down tightly in the salt-bin, the prime pieces at the bottom, and covered with salt; the coarse pieces being at the top, to be used first.

Bay-salt gives a sweeter flavour than any other kind. Sugar makes the meat mellow and rich, and is sometimes used to rub meat before salting. Saltpetre hardens meat, so that it is rarely used but to make it red. In frosty weather, warm the salt, to ensure its penetrating the meat.

Remember, that unless meat be quite fresh, it cannot be kept by salting. Neither will salt recover stale meat; for if it be in the least tainted before it is put into the pickle, it will be entirely spoiled in one hot day

Pickle for Beef, Pork, &c.

To four gallons of pump-water add eight pounds and a half of muscovado sugar, or treacle, two ounces of saltpetre, and six pounds of bay or common salt. Boil the whole, and remove all the scum that rises; then take off the liquor, and, when cold, pour it over the meat, so as to cover it. This pickle is fine for curing hams, tongues, and beef, for drying; which,

upon being taken out of the pickle, cleaned, and dried, should be put into paper-bags, and hung up in a warm place.

Another pickle is, six ounces salt, and four ounces sugar to a quart of water, and one-quarter of an ounce of saltpetre; to be boiled and skimmed.

Or, six pounds of salt, and four ounces of saltpetre, to four gallons of water, boiled and skimmed, form a very strong pickle, which will preserve any meat completely immersed in it; to secure which lay a heavy board, or flat stone, upon the meat. The latter is the celebrated Hamburgh pickle.

A round of beef, of twenty-five pounds, will take a pound and a half of salt to be rubbed in at once, and requires to be rubbed and turned daily: it will be ready, but not very salt, in four or five days; if to be eaten cold, it will be finer flavoured, and keep better, for being a week in the brine.

An aitch-bone, of a dozen pounds' weight, will require three-quarters of a pound of salt, mixed with one ounce of coarse sugar, to be well rubbed into it for four or five days.

Salting and smoking Meat.

The following method requires only forty-eight hours. A quantity of saltpetre, equal to the common salt that would be required for the meat in the usual way, must be dissolved in water. Put it with the meat into a saucepan, and keep it over a slow fire till all the water is evaporated; then hang up the meat in a thick smoke for twenty-four hours, and it will be equal in flavour to the best Hamburgh-smoked meat, that has been kept several weeks in pickle;—as red throughout, and equally firm.

To salt Meat immediately.

Choose a piece of not more than five or six pounds' weight, salt it thoroughly, and fold it up closely in a coarse cloth, floured. Put it into a pot of boiling water; boil as any other salt meat of the same size, and it will be as salt as if it had been in pickle four or five days.

Or, salt the meat upon the top and sides, put it upon sticks over a pan of cold water, and the salt will be drawn through it, so that the meat will be fit for boiling next day.

American method of salting Meat.

To five quarts of water add one pound of salt, six ounces of

sugar and half an ounce of saltpetre; boil the above together, and pour it, when cold, over the meat, so that it may be covered.

Dutch Beef.

Rub a lean piece of beef with treacle, or brown sugar, and turn it often. In three days, wipe it, and rub it with common salt, in the proportion of one pound to twelve pounds of beef, and a little saltpetre. Turn the beef daily for a fortnight; then roll it tightly in a coarse cloth, and place upon it a heavy weight; hang it to dry in wood-smoke, turning it daily. Boil it in hard water, and press it.

Rub the prime ribs of fat beef with common salt, and let them lie in a pan for three days; then rub them with the curing-ingredients as for hams, adding juniper-berries; turn the meat daily for three weeks, and smoke it.

To salt Beef red.

The flank is best. Sprinkle it, and drain for a day; then rub it with common salt, saltpetre, and bay-salt, with which mix a little coarse sugar. Rub the meat with the pickle daily for a week; then only turn it: it will be good in eight days. Or, in sixteen days, drain it from the pickle, and smoke it a few days at the mouth of the oven, when heated with wood.

The usual proportions of saltpetre and sugar are half an ounce of each to every pound of salt.

Hung Beef.

Rub and salt half a round of beef with the same mixture as for hams; lay it in the pickle six weeks, turning it frequently; tie it up, and hang it in a dry place, or smoke it a fortnight. The red colour may be heightened by saltpetre.

Cheap Hung Beef.

Take the fleshy part of a leg of beef, salt it three days; then put it into a clean pan, and rub it with this mixture daily for a week,—four ounces of coarse sugar, one ounce of ground allspice, and one ounce of powdered saltpetre; next drain the beef, wrap it in brown paper, hang it in a chimney to dry; and in a month it will be fit to dress.

To salt Tongues.

Serape and dry them, and rub them with common salt and saltpetre; next day, rub them well with salt and coarse sugar; and keep them covered with pickle for a fortnight. Sometimes the roots of the tongues are cut off, soaked in weak brine, and then rubbed with common salt.

To salt a Leg of Mutton.

Rub it with common salt; next day, wipe it dry, and put it into beef-pickle for six or seven days, when it will be ready for boiling. If a leg of mutton be kept buried in sugar for a fortnight, or three weeks, its flavour will be much improved.

Mutton Hams.

Choose fat mutton. Mix two ounces of coarse sugar with one ounce of common salt, and half a table-spoonful of saltpetre; rub the ham with this mixture, and place it in a pan; beat it, and turn it twice a day for three days, each time throwing away the brine. Then wipe it, and rub again with the mixture; and continue to beat, turn, and wipe, as before, for ten days, after which it may be smoked for a fortnight. Mutton hams are mostly cut in slices, and broiled.

Curing Pork.

A pig being killed, several points require attention:—first, the chitterlings must be cleaned, and all the fat taken off; they are then to be soaked for two or three days in four or six waters, and the fat may be melted for softening shoes, &c.; the inside fat, or flare, of the pig, must be melted for lard as soon as possible, without salt, if for pastry: it will keep if put into air-tight bladders, or into crocks, tied over, and placed upon a shelf, bottom upwards. The souse should be salted for two or three days, and then boiled till tender; or fried, or broiled, after being boiled. The sides for bacon must be wiped, rubbed at the bone, and sprinkled with salt, to extract the blood: the chines, cheeks, and spare-ribs, should be similarly salted. On the third day after the pig is killed, it may be regularly salted, tubs or pans being placed to receive the brine, which is useful for chines and tongues. December and January are the best months for preparing bacon, as the frost is not then too severe.

The hog is made into bacon, or pickled. In preparing it

for bacon, its chine, or back-bone, is cut down the whole length of the hog, and then into three or four pieces, which may be salted and boiled, or roasted. The sides are then made into bacon, the meat being cut away from the inside, and the fore-legs left on; the hind-legs are generally cut off for hams; but, if left on, they are called gammon. On each side is a large spare-rib, which is mostly cut into two,—a blade-bone, and a sweet-bone. The feet and ears, being cut off, make good dishes.

Hogs' Lard.

Melt it with great care in a jar, put into a kettle of water, set on the fire to boil, adding to the lard a sprig of rosemary, while melting; then run it into small clean bladders.

Suet and lard keep better in tin than in earthen vessels: suet may be kept for a year, if chopped, packed in tin, and covered with treacle.

To pickle Pork.

For the middle parts of a large hog, the hams and shoulders being cut out, mix in powder four ounces of saltpetre, one pound of coarse sugar, and two ounces of salt-prunella; the latter to make the fat of the meat clear. Sprinkle the pork with common salt, drain it for twenty-four hours, wipe it dry, and rub in the above powder, with four pounds of coarse salt; then lay the pieces in the pan, or tub. In two days, rub them with the pickle, and pack them closely; be careful that they do not swim in the salt liquor, but are kept under. Very young pork eats well salted; but it requires only a short time, and a little salt and saltpetre. In salting a leg of pork, be careful not to cut the knuckle, else the slit will let all the goodness out of the meat when it is boiled.

To cure Bacon.

Bacon is cured differently in various countries. In Somersetshire, bacon is cured with bay-salt only, rubbed in at four times. The flitches are then left in the brine three weeks, being merely changed every two days, and afterwards dried without smoke.

In Buckinghamshire, half a pound of saltpetre is first rubbed in and afterwards three or four pounds of common

salt, with one of coarse sugar, heated. The bacon is then kept in pickle for a month, and dried on racks, or in a chimney-corner.

In Wiltshire, each flitch is sprinkled with salt, and drained for a day; it is then rubbed daily for a month with a mixture of coarse sugar, bay-salt, saltpetre, and coarse salt. Next, it is hung to dry, and then smoked ten days. A table-spoonful of the impure pyroligneous acid added to each pound of salt used for bacon has been found to give the meat a delicate, smoky, and rich flavour.

A tea-spoonful of nitric and muriatic acids mixed, added to each pound of salt, has been found, likewise, to preserve the meat better.

After draining bacon, hams, &c., from the pickle, they are commonly covered with bran, or malt-dust, and dried in a bake-house, or in a malt-house kiln. In the bran, however, are generally weevils, or hoppers, which will injure the meat. Malt-dust often occasions rust. The best method is to hang the meat high in the chimney, over a wood-fire, to be kept smothering with oak, beech, or mahogany saw-dust. The meat should thus be smoked thoroughly, and slowly, but not long enough to cause the rind to harden and separate. Sometimes hams are merely covered with coarse wrappers, or packed in dried brown paper, and hung in a kitchen, or laid upon a rack.

To cure Hams.

To each ham allow half a pound of bay-salt, two ounces of saltpetre, half a pound of coarse sugar, and half a pound of common salt, with which mix four ounces of allspice and black pepper, and one ounce of coriander-seeds, ground; setting aside about six ounces of salt and saltpetre, which should be rubbed in first; and, two days after, the rest of the salt and spices. Lay the hams in the trough, and keep them covered with brine, rubbing and turning them occasionally. Bacon and pigs' cheeks may likewise be salted as above. In a month, drain and smoke them.

For a fine ham, take two ounces of saltpetre, one pound of bay-salt, one pound of common salt, and two ounces of salt-prunella. Mix these ingredients; with them rub the ham, and lay it in a pan for ten days; then rub it with common

salt, and let it lie ten days longer, turning it daily. Then clean and wipe the ham dry, rub it slightly with salt, and hang it to dry or smoke.

Or, for three hams, about twenty pounds each, allow two pounds of common salt, and the same quantity of coarse sugar, six ounces each of bay-salt and saltpetre, a quarter of a pound of black pepper, and two ounces of juniper-berries, all bruised or ground, well mixed together, and dried before the fire. Rub this mixture, warm, into the hams, which should then be covered with common salt. In two or three days, pour over the hams a pound of treacle, and turn them daily, for a month, when they should be drained and dried.

Yorkshire Hams.

Beat three middle-sized hams, and then rub them with the following:—half a peck of coarse salt, three ounces of saltpetre, half an ounce of salt-prunella, and five pounds of common salt. In three days, hang up the hams; then add to the pickle as much water as will cover the hams, with salt to make it strong enough to bear an egg; boil and strain the pickle, and next morning put the hams into it. Let them remain a fortnight, and then dry them. The superiority of York hams is attributed to the fineness and cleanness of the Yorkshire salt.

Westmoreland Hams.

Rub the hams at night with ten ounces of saltpetre, and next morning with three pounds of common salt, three pounds of coarse sugar, and one pound of bay-salt, boiled in three quarts of strong beer. Let the hams remain in this pickle a month, being rubbed and turned daily, though not taken out of the pickling-pan. They are then hung up for three weeks or a month.

Westphalia Hams

Are prepared in November and March. The Germans place them in deep tubs, which they cover with layers of salt and saltpetre, and a few laurel-leaves. They are left four or five days in this state, and then are completely covered with strong brine. At the end of three weeks, they are taken out, and soaked twelve hours in clear spring water; they are then

hung for three weeks in smoke, produced from the branches of juniper-plants.

Another method is to rub the leg intended for a ham with half a pound of coarse sugar, and to lay it aside for a night. In the morning, it is rubbed with an ounce of saltpetre, and an ounce of common salt, mixed. It is then turned daily for three weeks, and afterwards dried in wood and turf-smoke. When boiled, a pint of oak saw-dust is directed to be put into the pot or boiler.

French method of smoking Hams, &c.

Stop up all the crevices of an old cask, as a sugar-hogshead, and cut a hole in the bottom of it, large enough to introduce a small stove or pan, to be filled with saw-dust, wood, or other fuel, which produces much smoke. The articles to be smoked must then be hung upon a cross stick, fixed near the top of the cask, and the head must be covered with a cloth. It is stated, that half a dozen hams may be completely cured in this way in forty-eight hours.

To cure Pig's Cheeks.

Cut out the snout, remove the brains, split the head, and take off the upper bone. Rub the cheek well with salt; next day pour off the brine, and salt it again the following day. Then rub over the cheeks half an ounce of saltpetre, two ounces of bay-salt, a little common salt, and four ounces of coarse sugar. Turn the cheeks often, and in ten days smoke them as bacon.

To collar Pig's Head.

Scour well the head and ears, and remove the hair, snout, eyes, and brain. Soak it for twelve hours in water, then drain it, and salt it five or six days with common salt and saltpetre. Boil it sufficiently to allow the bones to be taken out; then sprinkle it with salt and pepper, and roll up the head and ears, the thick towards the thin end, so as to make the roll of equal size: the pig's feet may likewise be boned and put round the outside. Bind the whole with broad tape in a cloth, boil it till tender, put a heavy weight upon it, and, when cold, remove the cloth. It may be kept in or out of pickle, of salt and water, and vinegar, to be boiled often.

A fine sauce for pig's head, feet, and ears, may be made by boiling a gallon of wheat-bran in a gallon of water, for half an hour, adding four ounces of salt, a bay-leaf or two, and a sprig of rosemary. Strain it, and use cold.

To collar a pig's head to resemble brawn, salt it longer, and with more saltpetre, than just directed, adding pieces of lean pork, and covering the whole with cow-heel, to imitate the horn.

Brawn.

The finest is received from Canterbury and Cambridge. If it be old, the rind will be hard and thick: it should be kept in a pickle made as follows:—to two gallons of water put one pound of wheat-bran, and one pound of salt; boil an hour, and strain. This pickle will only keep ten or twelve days.

German Sausages,—red.

Chop fine six pounds of pork, pickled, one-third fat, and season it with one ounce of ground pepper, and one ounce of ground allspice; stuff it into skins, and smoke for a week. When wanted, boil the sausages for half an hour.

Or, chop finely two pounds of fat and lean pork, and two pounds of lean beef; season with ground black pepper, allspice, and salt, and put into skins; smoke four days, or until the sausages turn red, with sawdust in a tub, as directed for hams. When wanted, boil them half an hour.

All kinds of skins for sausages may be bought of porkmen.

Varieties of Sausages, &c.

The sausages made in certain parts of England are much prized; as those from Epping, Norwich, Oxford, and Cambridge. The sausages made at Bologna and Göttingen, on the Continent, are also much esteemed by epicures. The last-named sausages, and smoked and dried meats from all parts of Europe, may now be bought at the Italian warehouses in London: as hams from Westphalia and Bayonne; beef from Hamburgh; boars' heads, *pâtés*, and savoury pies of meat and game from Strasburg; besides varieties of game potted, salted and potted fish, &c.; all which are luxuries for the breakfast and supper table.

STORING FRUIT AND VEGETABLES.

GATHERING FRUIT.

ALL fruits should be gathered in the middle of a dry day. Plums readily part from the twigs when ripe. Apricots are ready when the side next the sun feels a little soft, upon gentle pressure. Peaches and nectarines, if moved upwards and allowed to descend with a single jerk, will separate, if ready. Figs are ripe when the small end becomes of the same colour as the large end. The most transparent grapes are the most ripe: unripe or decayed berries should be cut away before the bunches are dished for table. Autumn and Winter pears are gathered when dry, as they successively ripen.

The early varieties of apples begin to be useful for the kitchen in the end of June, particularly the codlins and the jennetings; and in July they are fit for dessert. From this time, till October or November, many kinds ripen in succession. The safest rule is to observe when the fruit begins to fall naturally. Or, raise the fruit level with the footstalk; if ripe, apples will part readily from the tree; as will also pears. Unripe fruit never keeps so well as that which is very nearly ripe: it is more apt to shrivel and lose flavour. Winter apples should be left on the trees till there be danger of frost, when they should be gathered on a dry day.

In no case should fruit be gathered with the hand, when any of the different fruit-gathering machines can be obtained. With one of these, and proper ladders, every kind of fruit, from the gooseberry to the walnut, may be gathered without bruising, soiling, or fingering, the fruit.

KEEPING FRUIT.

A moist, but not damp, atmosphere, is best for keeping fruit; and, as many persons have cellars, who have not fruit-rooms, they should store their fruit in a corner of the cellar, in preference to dry presses and closets in higher parts of the house.

The shelves upon which fruits are laid, should be made of some scentless wood; white poplar, birch, or wainscot is best; deal is apt to impart a resinous scent to the fruit.

Before Winter fruits are laid on shelves, each sort should be carefully gathered when dry, laid in separate heaps on the floor of the room, and closely covered for eight or ten days.

In March, look over the fruit in the store-room, and pick out all which are unsound, and, should the room be damp, give air, in a dry day, for a few hours only. If straw has been used for a covering to the fruit, and has become damp, or smells unpleasantly, it should be removed, and sweet dry straw supplied in its place.

Fruits of all sorts may be dried and kept a year or two, without losing their flavour, by wiping them dry, and putting them into a cool brick-oven; and occasionally, while drying, grating a little sugar over them. Or, dry the fruits, and pack them in a jar with common salt, putting a layer of salt, an inch thick, over them, and preserving the jar from moisture.

Apples and Pears for storing will mostly require to be gathered in October. The valuable autumnal varieties may be continued in season much longer than their usual time, by gathering one-third of the crop a fortnight or three weeks before it be ripe, one-third a week or ten days afterwards, and the remaining third when it is ripe: the last gathering, in this case, will be the first brought to table; the second gathering will be the next; and the first gathering will continue the longest fit for use. After hot, dry Summers, some of the finer Winter pears will continue longer in succession, by the above method, than if the whole crop were to be left on the tree till ripe.

In the fruit-room, every sort of apple and pear should be kept by itself, The room should be occasionally examined, and, should any of the fruit become mouldy, it should be wiped: as should also such apples as have become very moist. Fine dry fern is best to lay apples on, and strew over them, as it is quite sweet, and will keep sound longer than straw.

Early kitchen-apples may be laid in small heaps, and covered lightly to exclude the air, in which state they will keep longer than if lying exposed.

Hardy and keeping sorts of apples may be preserved in hods in the earth, as potatoes are kept, not more than four or five bushels being put into one hod. Straw, or matting, should be placed around the apples, so as to keep them from the earth. Apples may be kept the whole year by being immersed in eorn, which receives no injury from their contact.

To keep some of the more valuable apples in a perfect state to a late period of the season, they should hang till they can easily be detached from the tree. They should then be placed in casks, or boxes, as they are gathered, beginning with a layer of thoroughly dry pit-sand in the bottom, then a layer of apples, placed closely to each other, then another layer of sand, just sufficient to cover the fruit, and no more; and so continuing, alternately, till the cask or box is full, finishing with a covering of sand. These should be placed in the fruit-room, where they may be kept till other apples of the same kind on the shelves are nearly gone. This method has long been successfully practised at Holkham. The windows of the fruit-room should be furnished with inside-shutters, and kept closed; as fruit keeps longer, and better, when in the dark, than when exposed to the light.

When apples are frozen, no artificial means must be used to thaw them, else they will be quite spoiled. If they thaw in the light, they rot; but, if in darkness, they keep sound.

The finest kinds of pears, as the *crasannes*, and the *Chau-montelles*, should have their footstalks tipped with sealing-wax. If pears be wrapped in paper separately, put into glazed earthen-vessels, and closely covered, they may be preserved from October till February; and such pears will be greatly improved, if they be taken from the vessels, and kept in a warm room, ten days before they are wanted.

The *jargonelle*-pear keeps best on the tree, as, if gathered, it rots almost immediately. In handling pears, avoid pinching the fruit, or in any way bruising it, as those which are hurt not only decay themselves, but spoil others near them.

Grapes may be kept by packing them in jars, every bunch being first wrapped up in soft paper: a little dried bran should be placed at the bottom of the jar, then a layer of grapes, next a layer of bran, and so on, till the jar is filled; then shake the jar gently, fill it to the top with bran, and tie over with bladder. These jars should be kept in a room where you can have a fire in wet or damp weather.

Grapes gathered in dry weather, and freed from such as are bruised and spoiled, if placed in layers in a box, with layers of peach-leaves between them, and then set upon shelves in a dry airy room, may be kept till the January following.

To restore the freshness of grapes, cut the stalk of each bunch, and place it in wine, as flowers are placed in water.

If bunches of unripe grapes be cut off, with a joint or two of the branch above and below the fruit, and hung up in a dry, warm room, or in a warm airy kitchen, they may be preserved two months, and will be considerably ripened.

Pine-apples, when ripe, have a delicious fragrance, and the fruit is of a greenish-yellow, or straw-colour. They should be cut before they are dead ripe, or they will lose much of their flavour and richness. Bring with the fruit about five inches of the stalk, and the crown adhering to the top; but this should soon be twisted off, (if you wish to keep the pine,) else the crown will live upon the fruit, and suck out all the goodness. Three pounds may be considered the average size of the green pine-apples brought to market, or sent to table; but they occasionally grow much larger. In preparing to cut this fruit, first remove the crown by placing round it a napkin, and twisting it out, and then cut the fruit into horizontal slices; these being served, the rind and scales are pared off by the guest with a knife and fork.

Melons, when ripe, are distinguished by their full size, by turning yellowish, and by their agreeable odour. They should then be cut, before too mellow or dead ripe, that they may eat with a sharp flavour; morning is the time for cutting.

Red and white Currants may be preserved on the tree in a perfect and fresh state till the middle of November or later, by being covered with bunting from the time they have ripened. This covering will keep the fruit in a better state than mats; it being only necessary to open the bunting to remove the leaves which drop from the branches, and to see that the berries be well ripened before they are covered up, else they will shrink, instead of remaining plump and full.

The Russians put black currants into brandy, and the Irish, into whisky, in the same way as the English put cherries.

Walnuts, for keeping, should be suffered to drop from the tree, and be afterwards laid in an open airy space till they are dry; then pack them, with layers of dried sand, in jars, boxes, or casks, and set them in a dry place, but not where it is too warm. Before you send the walnuts to table, wipe the sand clean off; and, if they have become shrivelled, soak them in milk and water for eight hours before they are used: this will make them plump, and cause them to peel easily.

To keep *Chestnuts* through the Winter, take them quite dry from the green husk, and put them into a box, or barrel,

mixed with and covered by fine dry sand, in the proportion of three gallons of sand to one gallon of chestnuts. If there be any maggots in the chestnuts, they will come out and work up through the sand, to get to the air.

Filberts may be preserved by the preceding method. Or, when quite ripe, so as to drop from the husk, rub the filberts dry with a coarse cloth, and put them into a stone jar, with layers of salt between them: tie them over, and keep dry.

Filberts and nuts may also be kept through the Winter, by putting them into an earthenware-pan, covering them with a piece of wood, and a heavy weight, and then placing the pan in a deep hole in the earth.

Oranges and Lemons.—Dry small sand, and, when cold, strew it between layers of the fruit, with the stalk downwards, taking care that the oranges, or lemons, do not touch each other. In gathering oranges for the table in this country, the fruit should not be pulled with the hand, but carefully cut off with a few leaves attached, and thus garnished for dessert.

Or, merely wrap oranges and lemons singly in paper, and keep them in a box.

To purify Lemon-Juice.—Put one ounce of powdered charcoal to a quart of lemon-juice: after it has stood a day, filter the juice through blotting-paper; and it will keep long in a cellar, if well corked.

KEEPING VEGETABLES.

STRONG-FLAVOURED vegetables should be stored by themselves. Leeks, or celery, laid among vegetables of more delicate flavour, will quickly spoil them.

Onions should be pulled up as soon as their tops are nearly dead, or they will push out fresh roots after rain, which will greatly injure their bulbs, and prevent their keeping sound.

Being gathered in September, they should be spread thin on the ground, in the full sun; turn them over once or twice daily, until they are thoroughly dried, and then store them in a well-aired loft: lay them thinly, string them up by the tails, or hang them in nets. The outer husks should be taken off before housing, as should also the tails, if the onions are not to be strung. String them thus:—tie three or four onions by the tails, with matting, or packthread; then place on two or three more onions and bind the thread once or

twice round their tails; place and bind more onions, and so on. In this manner is made a string or rope of onions, which will keep, if hung up in a dry, well-aired place, free from frost. If onions begin to sprout, sear the roots with a hot iron, which will check the vegetation. The keeping of Portuguese onions depends mostly upon the weather being dry and favourable when they were housed, and upon their being carefully handled, and not bruised. Chives and shalots may be stored as onions.

Garlic.—As soon as the leaves begin to decay, take up the roots, and, after they are dried, hang them up in a dry room.

Potatoes, turnips, and carrots, should be buried in a pit to within five feet of the surface, and the remainder closed with earth, and kept quite dry. For convenience of using, there should be large pots of roots so buried, at a little distance from each other, as that no more may be taken up at a time than can be consumed in a few days. These vegetables may likewise be kept fresh in baskets on straw, upon the surface of ice, in an ice-house.

To restore frosted potatoes, allow them to remain in the pits, after a severe frost, till the mild weather is set in for some weeks, and allow them gradually to recover. If once exposed to the open air, no art will recover frosted potatoes.

Or, *Carrots* may be dug up in August, put into a cask in layers, with sand between them, and thus coopered up and kept in a dry cellar, when they will be of more delicate flavour than carrots which are dug up in September or October.

Celery may be preserved through the Winter, if you get it up on a fine dry day before it is injured by frost, cut off the leaves and roots, and lay it in a dry, airy place for a few days; then remove it to a cool cellar, where it will be quite secure from frost, and pack it with sand.

To keep Beet-root.—In Autumn, before the frost sets in, on a dry day, take up the roots, cut off their tops without injuring the crown, and lay them up in sand in any dry place where they may be preserved from frost.

Parsneps and beet-root may also be kept in the ice-house; and, in Summer, peas, kidney-beans, cucumbers, &c., can be kept fresh in ice for several days: fruits may also be kept here cool, and with all their freshness and flavour.

Radishes, which are intended for Winter use, should be

taken up in dry weather in November, stripped of their leaves and fibres, and preserved in sand until they are wanted.

Horse-radish, if dug up in Autumn, may be preserved through the Winter in sand or dry earth.

Mushrooms.—Peel the largest mushrooms, and scrape out the inside: then put them into a saucepan with a little salt, and simmer them in their own liquor; drain them on a sieve, and dry them, in tins, in a cool oven; put them into a clean jar, and tie them over, tightly. Mushrooms should be gathered in dry weather; else the wet will cause them to turn black in a day.

Beans.—The scarlet and white *Dutch-runners* are those kidney-beans which are principally depended upon for the latest crops: these sorts are the most abundant bearers; and, if the young beans are gathered as they are fit for table, the plants will be much more productive, and bear much later in the season, than if any of the pods are allowed to remain to ripen their seeds.

A double crop of scarlet runners may be ensured by taking up the tuberous roots in November, and preserving them in dry sand, in a cellar excluded from the frost; or they may be covered up with tan and a frame in a warm dry border of the garden; the stems, in either case, being cut down to within a foot of the crown of the root. In April, these roots must be planted out again, when they will produce another abundant crop.—*Lindley*.

French Beans.—Pick them young, and put them into a cask, or keg, with salt sprinkled between each layer of three or four inches deep; put on them the head of the cask, and upon that a heavy weight. Be careful not to over-salt the beans, else they will be spoiled.

Green Peas.—Shell them, throw them into boiling water, and set them on the fire two or three minutes; then strain them, and dry them on cloths; bottle them, pour on them melted suet, cork and seal: keep in a cellar, or buried in the earth. To dress them, boil them tender, with a small piece of butter, and a sprig of mint.

Asparagus is recommended to be cut with a straight narrow-bladed knife, of six inches long, with a sharp smooth edge, instead of having a blade like a saw. The cutting-season usually commences towards the latter end of April, and should never be continued beyond Midsummer.

To keep Cauliflowers.—Pull up those plants which have sizeable heads, and hang them up by the roots in a dry shed: or, having pulled them up, strip them of their outer leaves, and lay them close together in dry earth, or sand, in a spare melon or cucumber-frame; being covered with glass, or with mats, when the weather is severe, the heads may be kept good for table till after Christmas. They will require very careful washing, to free them from earth or sand, before they are dressed.

Vegetable Marrow has been introduced within these few years from Persia. It is eaten in every stage of its growth. When young, it is very good, if fried in butter; when large, or about half-grown, it is excellent either plainly boiled, or stewed with rich sauce; when full-grown, it may be made into pies. For either of these purposes, the marrow should be cut into slices.

Gourds are much used in France in soups; they are also boiled, as well as mashed as potatoes. They have a pleasant and peculiar flavour, and are an excellent substitute for carrots and turnips. The large sort keeps well through most part of the Winter, and is very thick in flesh.

Mangoes are pickled when unripe, and brought from the East Indies. They are imitated by pickling small unripe melons, which are then called *Melon-Mangoes*.

Skirret.—The roots will have attained their full size in October, when they should be taken up, and laid in sand till they are wanted for use. The roots, when boiled, and eaten with butter, are sweet and agreeable.

The young leaves of *Tansy* are shredded, or reduced to a pulp, and employed to flavour puddings, omelets, and cakes.

Tarragon is an ingredient in pickles; vinegar is flavoured with it; it is eaten with rump steaks, as horse-radish is with roast beef; it is also used to correct the coldness of salad-herbs, and to season soups.

Tomata.—When ripe, this fruit has an acid flavour, is put into soups and sauces, and made into a store-sauce: it is also preserved, and pickled. Though it is much used in England, our estimation of the uses of the tomata is little, compared with the French and Italians. Near Rome and Naples, whole fields are covered with it, and scarcely a dinner is served up, in which it does not, in some way or other, form a part. In

Spain, tomatas are preserved for an indefinite time, with their perfume and other fine qualities, by first drying the fruit in the sun, then in an oven, powdering it, and keeping it in closely-corked bottles.

The Egg-plant.—In this country, the egg-plant is prized for its singular appearance; but in France it is cultivated for its esculent properties. It is sown early in Spring, and comes into fruit about the middle of Summer, continuing to bear abundantly till the end of October. The eggs are used both by rich and poor, in soups and stews.

Mustard is ground from the seeds of the black species. When taken fresh from the plant and ground, the powder has little strength; but, by steeping the seeds first in vinegar, the powder will be very pungent: it is best kept in a bladder.

Indian Cress and *Nasturtium* flowers and young leaves are frequently eaten in salads; the flowers are also used as a brilliant garnish to dishes; and the berries, when gathered green, and pickled, form an excellent substitute for capers.

To dry Herbs.

DRY the gathered crop, thinly spread out, and shaded from the sun; tie the herbs in small bundles, and keep them compactly pressed down and covered with white paper. Or, after drying them, put each sort into a small box, and by means of boards, of the size of the interior length and width of the box, and a screw-press, press the herbs into cakes, or little trusses. These should be afterwards carefully wrapped up in paper, and be kept in a dry place, when they will retain their aroma as perfectly as when they were put into the press, for, at least, three years. By the common mode of hanging up herbs in loose bundles, the odour soon escapes.

To dry Chamomile flowers.—Pull them, from time to time, as they are produced; for the plants continue to blossom in succession for several months. When gathered, dry them gradually, partly in the sun, and partly in the shade, by being spread upon a mat or sheet, removed out of the sun in the heat of the day, and placed in it mornings and evenings.

Lavender flowers should also be dried as chamomiles.

Marigold flowers, dried, improve broths and soups, however much they may have got into disuse.

Herb Mixture.

The aromatic flavour of herbs may be effectually preserved by drying and rubbing them to powder, to be kept in a bottle closely corked. For general purposes, the following will be found a good mixture:—equal proportions of knotted marjoram and Winter savoury, with half the quantity of basil, thyme, and tarragon.

USEFUL PLANTS.

The Cowslip.—The leaves are eaten in salads, and are food for silkworms before the mulberry-leaves appear. From the flowers is made a wine, approaching the Muscadel-wines of France. A pleasant syrup is also made from the flowers; and a strong infusion, drank as tea, is a remedy for spasms.

Roses are applied to various uses. The petals of the Provence, or cabbage-rose, which are deep red and of a powerful scent, may be kept for a year or eighteen months, by being pressed closely. A syrup is prepared from the petals of the damask-rose. The red rose is used for conserves, honeys, and infusions. The finely-perfumed water is distilled from the dog-rose, and the hundred-leaved rose. The leaves of the dog-rose are used as a substitute for tea; the fruit, when ripe and mellowed by frost, is agreeable, and is a delicacy to some birds, especially the pheasant: it is also mixed with sugar, and sold as conserve of hleps. The evergreen-rose yields the fine-scented attar of roses.

The Juniper has medicinal properties. The Swedes prepare a beer from the berries, which is efficacious in scorbutic cases; and, for the same purpose, the Laplanders drink an infusion of them, as we do tea or coffee. Juniper-wine is said to be very wholesome.

The juice of the *Houseleek*, either alone, or mixed with cream, affords immediate relief in burns, and other external inflammations; and is considered an excellent remedy for the heat and roughness of the skin, sometimes attendant upon the changes of the seasons.

St. John's wort (*Hypericum*,) is a very useful plant. An infusion of it is made as tea, and the leaves, given in substance,

are said to destroy worms. An infusion of the flowers and young tops, in oil, is used externally in wounds.

The *yellow Iris*, also named *Water-flag*, has many useful properties. The juice will remove freckles from the skin; the seeds are a substitute for coffee; a beautiful colour is prepared from the flowers; the root may be used instead of galls, in making ink, or black-dye; and, when boiled, they are pleasant and nourishing.

The leaves and stalks of the *Indian* or *China Pink*, dried and powdered, are a powerful remedy for worms; the dose being very small.

The oil of the *Sunflower* is very pure, fit for salads, and for all the purposes of Florence oil. The seeds form excellent food for poultry; it being only necessary to cut off the heads of the plant when ripe, tie them in bunches, and hang them in a dry situation, to be used as wanted. They not only rapidly fatten every kind of poultry, but greatly increase the quantity of eggs they lay.

The seeds of the sunflower are also capital food for sheep and pigs, and for pheasants. The leaves, when dried, form a good fodder for cattle: the dry stalks burn well, and afford abundance of alkali, and, when in bloom, the flower is very attractive to bees.

The Bramble.—Its roots, when dried in the shade, cut into small pieces, and taken in the shape of a weak infusion, form one of the best specifics for obstinate coughs. Its long branches can, in cases of need, be used as cords; and its fruit produces an excellent wine, made as follows:—Boil five measures of the ripe fruit, with one of honey, and six of water; skim off the froth, and, having passed the mixture through a linen cloth, leave it to ferment. Then boil it anew, and let it ferment in a cask. In some parts of France, bramble-berries are used to give a deep colour to wines.

The *Elder* does as much good by its noxious as by its agreeable qualities. If plants, or trees, be whipped with the branches, their scent will keep off insects; and an infusion of the leaves, poured over plants, will preserve them from caterpillars. The wines made from the berries and flowers are well known; and the buds make an excellent pickle. A grateful water is distilled from the flowers; and from the leaves and flowers are made ointments, infusions and decoe-

tions, for all ailments, cuts, or bruises. Every part of this tree serves for some useful purpose; the wood, pith, bark, leaves, buds, flowers, and fruit.

Substitutes for Tea.

The leaves of speedwell are recommended as an excellent substitute for tea, and are much used, especially in Germany and Sweden. The following are also substitutes for tea;—the flowers of the cowslip, the leaves of balm and hawthorn, the lavender, and various kinds of mint.

Many cottagers, who cannot afford to mix green tea with common bohea, substitute one or two dried leaves of black currant, when the flavour very closely resembles that of a mixture of green and black tea.

Substitutes for Coffee.

Dig up the roots of dandelion, wash them, but do not scrape them, dry them, cut them into pieces the size of peas, roast them in an earthen pot, or coffee-roaster, and grind them as wanted for use.

Or, gather acorns, when quite ripe, keep them for a short time in a dry place; then take off the husks, cut the acorns into small pieces, and roast, grind, and prepare them as coffee. This preparation is becoming in general use throughout Germany, and is much recommended as a tonic, and for its nourishing properties.

Succory, or Chicory, is used almost throughout the Continent, partly along with, and partly as a substitute for, coffee. For this purpose, the roots are cut in pieces, dried, and ground to powder, which some English physicians consider even preferable to coffee.

Pot-Pourri.

This may be made with almost every sweet herb and flower; but the following is a good selection:—Take four ounces of rose-leaves and buds, and the same of orange flowers; two ounces each of the leaves of violets, clove-gilly-flowers, jessamine-flowers, lavender-flowers, and balm of gilead; one ounce each of rosemary and marjoram, a few bay and myrtle leaves, the rinds of two lemons, and two Seville oranges, cut very thin; put all these into a large jar in

layers, strew bay-salt between them, and stir the whole, twice a day for a month; then add of sliced orris-root, and gum-benjamin, two ounces each; powdered cloves, cinnamon, and storax, one ounce each; and musk, one dram; stir all together, cover the jar closely, and in a short time the perfume will be delightful.

PACKING FRUIT AND VEGETABLES.

Grapes are packed in jars, with saw-dust; one large bunch is suspended from a twig, or pin, laid across the mouth of the jar, so that it may not touch either the bottom or sides; saw-dust, or bran, is then strewn in till the jar is full, when the twig is taken away, and the cover of the jar put on, and cemented. In this manner grapes may be sent very long distances. When the distance is less, they may be wrapped in fine paper, and packed in moss; or, for short distances, they may be papered up, and laid on a bed of moss in a broad, flat, covered basket.

Cherries and plums may be packed in thin layers, with paper and moss between each. *Peaches, apricots, and the finer plums*, may be wrapped each in vine or other leaves, or fine paper, and packed in cotton, flax, fine moss, or short grass, if dried and sweetened.

Vegetables may be packed to keep fresh closely in hampers Celery, turnips, &c., may be packed in sand; potatoes, and other roots, loose; legumes, and other Summer crops, generally in moss

COOKERY.

RUDIMENTS OF COOKERY.

It is an error to suppose that the nourishment in food is according to the quantity: a person may eat a great deal of some food, and receive but little nourishment from it. The difference between good and bad cookery consists in bringing out the flavour of food.

It is a mistaken notion that good cookery is expensive; on the contrary, it is the cheapest. By good cookery we make the most of every thing; by bad cookery the least.

In all branches of cookery, and many other arts, it is of the utmost importance that ingredients, liquid and otherwise, should be thoroughly mixed; for, upon this depends the excellence of the compound.

It is a common fault with cooks who are anxious about time, to overdress every thing. The guests had better wait a short time for the dinner, than the dinner for the guests.

In every branch of cookery, but especially in flavouring, much must be left to the discretion of the cook, and knowledge of the family's taste; particularly in force-meats and seasonings, sweetness, and the accompaniments to different dishes. It is impossible to lay down a strict rule on these points; although, in the following receipts, the greatest attention has been paid to quantities.

Habitual drinking is fatal to the interests both of cooks, and their employers; for nothing so soon destroys the palate, or taste, which is necessary even for the most experienced cooks to ascertain the flavour and seasoning of their soups, sauces, &c.

Cleanliness, and a proper ventilation to carry off smoke and steam, should be particularly attended to in a kitchen.

Many good dinners have been spoiled by the falling of soot down the kitchen chimney; to prevent this, the lower part of the chimney should be swept every morning with a birch broom. The chimney should be entirely swept once a month.

For a large dinner much may be prepared the day before: some goods ordered may be sent in, and others early next

morning; it may also be requisite to bespeak certain articles some days previously. Soups, sauces, force-meats, and some made-dishes, may be prepared the day before; as may jellies, pastry, &c. Thickening, browning, glaze, chopped herbs, mixed spice, and seasoning, lemons, &c. should be at hand, with bread-crumbs and flour for dredging.

Meat loses weight by cooking. Beef, in *boiling*, loses rather more than a quarter of its weight; beef, in *roasting*, loses one-third; beef, in *baking*, loses very nearly the same: a leg of mutton, in *boiling*, loses one-fifth; the same, in *roasting*, about one-third; a loin of mutton, in *roasting*, loses rather more than one-third. The general result is, that it is more profitable, as regards weight, to boil than to roast meat; and, whether we roast or boil meat, it loses, by being cooked, from one-fifth to one third of its whole weight. The only practical utility of these facts in the kitchen is, to enable the cook to provide with greater certainty for a stated number of guests. In calculating for a family, large or small, one pound per day for each individual, is a general allowance both for dinner and supper.

Meat that is not to be cut till cold must be well done, particularly in summer.

The use of skewers in joints should be as much avoided as possible, as they let out the gravy of the meat: twine will answer better. Paper, for example, may be better tied than skewered over roasting meat. The paper best adapted for this purpose, is the large white kind, known as printing-paper, or common foolscap; any other kind of paper may give the outside of the meat an unpleasant flavour.

The practice of cookery may be classed in the following branches:—1. Boiling. 2. Roasting. 3. Broiling. 4. Frying. 5. Stewing. 6. Baking.

BOILING.

Boiling is the most simple of these processes. Regularity and attention to the requisite time are the main secrets.

Water will boil sooner in low than high saucepans, because low saucepans present a larger surface to the fire: thus, water will boil in less time in a stewpan than in a saucepan. Again, a saucepan, three inches in diameter, and six inches high, will be almost twice as long in boiling as one $4\frac{1}{4}$ inches in diameter, and three inches high.

Much less heat is requisite to keep liquids boiling in copper and iron saucepans than in those made of tin.

There is frequently a great waste of fuel in cooking, which arises from making liquids boil fast, when they only require to be kept slowly boiling. Count Rumford, (the inventor of the Rumford stove,) states, that more than half the fuel used in kitchens is wasted in the above manner.

It is a sad waste to put fuel under a boiling pot. There is a degree of heat in water called the boiling-point ; and all the coals or wood in the world cannot make water hotter in an open vessel ; *it can but boil*. By this waste, the cook not only loses time, but spoils the cookery.

The average time for boiling fresh meat is from eighteen to twenty minutes for every pound : thus, a joint weighing six pounds will require from one hour and three quarters to two hours boiling. Salted meat requires rather more boiling and water ; fresh-killed meat longer time ; and all meats longer in cold than warm weather. It is, however, better to be guided, for time, by the thickness of the joint, than by its weight.

Dried or salted fish and meats require soaking in cold water before boiling.

Meat and poultry will lose their flavour and firmness, if left in the water after they are done ; as will also fish, which will break to pieces.

The water in which fish, meat, or poultry has been boiled should be saved : this pot-liquor, as it is called, may be made into soup.

It is natural to suppose that much of the nourishment of food must be carried off with the steam, when the boiling is violent.

Slow boiling is very important for all meats, to ensure their tenderness : fast boiling always makes them hard and tough, less plump, and of darker colour, than when they are boiled gradually.

Skimming the pot will alone ensure the good colour and sweetness of the meat ; a little cold water and salt will aid in throwing up the scum : milk put into the pot does good in few cases only ; and wrapping in a cloth is unnecessary, if the scum be carefully removed.

The lid of the saucepan should only be removed for skim-

ming; and, before taking off the lid, be careful to blow from it any dust or blacks from the fire or chimney.

The joint should always be covered with water; above this quantity, the less water, the more savoury will be the meat.

In some few instances, however, it may be necessary to boil the articles in a much larger quantity of water: a quart of water is mostly a good proportion to a pound of meat.

If meat be put into cold water, it should be heated gradually, so as not to cause it to boil in less than forty minutes; if it boil much sooner, the meat will shrink and be hardened, and not so freely throw up the scum.

Four skewers, or a plate, inside downwards, should be laid on the bottom of the saucepan, especially for large joints and puddings; so that they be equally done, and escape burning, or adhering to the saucepan.

When a pot boils, remove it nearly off the fire, but let the lid remain on; a very little heat will then keep up the boiling.

The time of boiling should be reckoned from the time bubbles begin to rise on the surface of the liquid: as the boiling continues, the water will evaporate, and in some cases it may be requisite to fill up the saucepan with boiling water.

Vegetables and meat are sometimes *steamed*: that is, they are put into vessels resembling cullenders, and being placed over boiling water, the steam from it rises through the holes of the vessel, and then through the vegetables and meat, which are thus as effectually boiled as if they were put into the boiling water.

ROASTING.

The success of every branch of cookery depends upon the good management of the kitchen fire: roasting, especially, requires a brisk, clear, and steady fire; if made up close to the bars of the grate.

The spit being wiped clean, the joint to be roasted should be carefully spitted even, and tied tight; and if it will not turn round well, balance-skewers, with leaden heads, should be used; for if the meat be not evenly spitted, it will probably be burned on one side, and not done on the other. Avoid running the spit through the prime parts of joints. Cradle spits answer best.

A leg of mutton should never be spitted, as the spit lets out the gravy, and leaves an unsightly perforation just as you are cutting into the pope's eye.

Make up the roasting-fire according to the size of the joint at each end, and shape ; it should be three or four inches longer than the joint, else the ends of the meat will not be done.

Large coals put between the bars of the grate, and on the top, make the best fire ; when they are lighted, put the joint down, and it will be warmed by the time the coals burn up.

In stirring the fire, be careful to remove the dripping-pan, else dust and ashes will fall in, and injure the basting. On no account let the fire get dull and low, before the joint is roasted, as a strong heat is requisite to brown the meat.

A thin joint will require a brisk fire ; a large joint, a strong, sound, and even fire : stir it before you put down the meat ; keep the lower part clear, so that the draught of air may pass through the fire, which will then require but little more stirring : when the meat is nearly done, the fire should be cleared so as to brown the outside. When steam rises from the meat it is done, and should be at once taken up.

Large joints should be put down at a moderate distance from the fire, and gradually brought nearer ; else the meat will be overdone half-way through the joint, and be nearly raw at the bone.

Such meat as is not very fat should have paper placed over, to prevent it from being scorched. Do not sprinkle the meat with salt when it is first put down, as the salt will draw out the gravy.

Old meats require less dressing than young, as they can be eaten with more gravy in. The warmer the weather, and the longer the meat has been killed, the less time it will require to roast it. Meat that is very fat requires more time than usual.

The general rule is, to allow a quarter of an hour to a pound for roasting with a good fire, and from ten to twenty minutes over, as the family like the meat well or under-done ; thus, a joint of nine pounds will require two hours and a quarter roasting ; of twelve pounds, three hours ; and so on.

Baste the meat first with fresh dripping, and then with its

own fat or dripping; and within the last half-hour of roasting, take off the paper, and sprinkle the meat with salt and flour, to brown and froth it; but some cooks dredge the meat with flour earlier, so that it may imbibe the gravy, a practice which should be specially avoided.

The spit should be wiped dry immediately after it is drawn from the meat, and washed and scoured every time it is used.

When the use of the meat-screen is understood, the importance of placing it near the roasting joint will not be neglected. It not only keeps off drafts of cold air; but the tin receives the heat from the fire, which it reflects upon the meat, thus keeping up the heat all round the joint: on this account, screens entirely of tin cook more expeditiously than those only lined with tin, but these are thought to bake rather than roast the meat.

Perfection in roasting is very difficult, and no certain rules can be given for it, as success depends on many circumstances which are continually changing: the age and size (especially the thickness) of the pieces, the quality of the coals, the weather, the currents of air in the kitchen, the more or less attention of the cook, and the time of serving, are all to be considered. Hence, epicures say of a well-roasted joint, "It is done to a turn."

Roast meats should be sent to table the moment they are ready, if they are to be eaten in perfection.

BROILING.

Broiling requires a brisk and clear fire, proportioned to the article to be broiled; for example, mutton chops require a clear rather than a brisk fire, else the fat will be wasted before the lean is warmed through; but for a beef steak, the fire can neither be too brisk nor clear, if the gridiron be placed at the proper distance. Fish requires a steady fire; as also does under-done meat.

Much, however, depends on the substance of the article to be broiled: if it be thick, it must be placed at a greater distance, at first, to warm it through; if thin, the fire must be brisk, else the meat will not be of a good colour.

The gridiron should be wiped clean after it has been used, so that the bars may be kept bright on the top: they should

be allowed to get hot before the article is laid on them, but not too hot, else they will burn the meat or fish: the latter, especially, will soon be thus marked. In some measure, to prevent this, the bars should be rubbed with a piece of fat, or chalked for fish.

A charcoal fire is best adapted for broiling, on account of its briskness and clearness.

To prevent the fat dripping into the fire, set the gridiron aslant. Upright double gridirons are most convenient, as they can be used at almost any fire, and the meat can be turned with the gridiron. The sprat-gridiron is a similar contrivance.

For turning the broiling article, use tongs, as a fork will let out the gravy. When the article is done, it will feel firm if touched with the tongs: by no means cut the meat to ascertain if it be done, as that will let out the gravy.

FRYING,

Is boiling in fat, oil, or butter. Lard, clarified suet, or dripping, is well adapted for fish, eggs, potatoes, and meat generally. Olive-oil, now so cheap, is much used for fish; and the same oil will serve for more than one frying: butter is also used for frying, but it is not so well adapted for it as either of the foregoing articles.

Be careful that the fat or oil is fresh, clean, and free from salt, else what you fry in it will be of bad colour and flavour; besides, salt will prevent the article browning.

Fat or oil, to be used again, should be strained through a sieve before it is set aside.

Fat becomes richer from having meat fried in it, and may be used repeatedly; but the fat that has been used for fish will spoil any meat if fried in it.

The fat must have left off bubbling, and be quite still, before you put in the articles, else they will be neither crisp nor of a good colour.

The best method of preparing crumbs for frying is, to put any waste pieces of bread into a cullender, and set it before the meat-screen till the bread is very dry; then take out the pieces, pound them in a mortar, and sift them: this will be found a much better plan than grating bread as it is wanted, or using oatmeal, biscuit-powder, &c.

If eggs be very dear, a little flour and water may be substituted for them in preparing fish to fry.

In frying, use a slice to lift the articles in and out of the pan, and drain them.

To make batter for frying; melt two ounces of butter in a little warm water, and pour it upon half a pound of flour; stir it, and add water enough to form a batter, thick enough to adhere to whatever is put into it: but it should run freely: add some salt, and the beaten whites of two eggs.

A small shallow frying-pan, or *sauté* pan, as it is called, is very useful to fry articles to be stewed: this method differs from common frying, as it only requires butter enough to keep the article from sticking to the pan and burning.

The fire for frying should be free from smoky coals, sharp and even. Charcoal makes the best frying fire.

The fat should be carefully drained from all fried articles; indeed, they should be so dry as scarcely to soil a cloth. Fish is best drained by wrapping it in soft whited-brown paper, by which it will so dry as not to soil the napkin upon which it is served.

STEWING.

All articles to be stewed should first be boiled gently, then skimmed and set aside in an even heat: on this account, charcoal makes the best fire for stewing.

All stews, or meat dressed a second time, should be only simmered; as the meat should only be made hot through.

A stewpan is the most advantageous vessel in which stews, hashes, soups, or gravies, can be made; indeed, for all purposes of boiling, a stewpan is preferable to a deep saucepan, as, in the former, the articles are exposed to more even heat than when they are placed one upon another in the saucepan, and are likely to be broken in stirring.

The best stewpans are made of copper or iron; they should be kept covered as much as possible, unless you wish to reduce the gravy.

Be careful not to fry in a stewpan; or, if so, with great care, and sufficient butter to save the tinning from melting.

Most of the directions for making soups and gravies apply also to this branch of cookery.

BAKING

Can scarcely be considered a branch of the cook's duty. In large establishments, however, there is generally a small brick-built oven; cast-iron ovens are attached to kitchen-ranges.

Baking is the least advantageous mode of cookery; for by it meat loses about one-third of its weight, and the nourishing juices are, consequently, in a great measure dried up.

Iron ovens are ill adapted for baking meat, or meat pies; fruit pies, pastry, and puddings, may, however, be baked in them. Those iron ovens which have stone bottoms are found to succeed best.

A salamander, which is a flat-iron with a long handle, is heated and placed over some articles, to brown them after they are dished. The kitchen fire-shovel, if made red hot, will answer the purpose of a salamander.

LARDING

Requires pins of different sizes, according to the articles to be larded; then cut lines of bacon into the requisite lengths, and put one into a larding-pin of the same size, with which pierce the skin and very little of the meat, leaving part of the bacon in, and the two ends of equal length outwards; continue thus in rows, and cut off the ends neatly and evenly.

Doubling consists in passing bacon *through* meat, while larding is mostly on the top and sides, or surface only.

To prepare bacon for larding, cut the fat from the pork and rub into every ten pounds of it a pound of salt; then put it in a cool place with a heavy weight upon it; and when it has thus lain in salt a fortnight, hang it in a dry place.

GLAZING

Is done by brushing melted glaze or jelly over the article, and letting it cool: in some cases, it is requisite to cover articles with two or three coats of glaze, allowing each coat to cool as it is laid on. Glaze should be of the thickness of good treacle.

BRAIZING

Is the French method of stewing meat tender with fat bacon. The article to be braized must always be first blanched.

Braizing is now common in large English kitchens; it gives meats and poultry a rich flavour, and is a superior mode of cooking; though, when braizing is inconvenient, boiling may be substituted.

The braize may be used several times, if strained when set aside, like fat for frying; and poultry, game, or meat, may be kept ten days or a fortnight in braize.

BLANCHING

Makes the article plump and white, and consists in putting it into cold water over the fire, allowing it to boil up, and then plunging it into cold water, where the article should remain until cold.

DANGER FROM COPPER SAUCEPANS

To the preceding rudiments of cookery, it may be useful to add a few cautionary remarks on the vessels employed in the chief operations.

The precise danger from the use of copper saucepans, or stewpans, imperfectly tinned, is far from rightly understood. It appears that the acid contained in stews and other made dishes, as lemon juice, though it does not dissolve copper by being merely boiled in it a few minutes, nevertheless, if allowed to cool and stand in it for some time, will acquire poisonous matter, as verdigris, in the form of a green band, or crust, inside the vessel. It has likewise been proved that *weak* solutions of common salt, such as are daily made by adding a little salt to boiling vegetables, fish, or meat, act powerfully on copper vessels, although *strong* solutions, or brine, would not affect them.

It is, however, in vain to hope that cooks will attend to the nice distinctions by which copper stewpans may be rendered safe; the general advice given by prudent physicians is, **therefore**, against their use at all.

FISH.

TO DRESS FISH.

FISH are best cleaned by the fishmonger : it requires great care to remove the objectionable parts from the inside, and to keep the roe, melt, and liver whole ; to scrape off the scales of some fish ; to remove the skin of others without tearing the fish ; and to avoid over-washing all kinds, as water diminishes their delicious flavour. Some kinds, as cod, haddock, and whiting, eat firmer if salt be put into their gills, and they be hung up a few hours before dressing.

Fish are either boiled, fried, or broiled. Salt should be added to the water in which all kinds of fish are boiled ; and the flavour of sea-fish is much improved by boiling it in seawater. Fish should boil gently, or rather simmer, after it has once boiled up, and the water should be constantly skimmed. To determine when fish is sufficiently boiled, draw it up upon the fish-plate, and if the thickest part of the fish can be easily divided from the bone with a knife, the fish will be done, and should be at once taken out of the water, else it will lose its flavour and firmness.

By most cooks, it is considered better to put all fish on in boiling than in cold water.

An oval pan is best adapted for frying fish. Olive-oil is best to fry in, but dripping or lard is commonly used. It should boil before the fish is put into it, and be kept gently boiling until the fish be of a yellowish-brown colour, when it should be taken out and drained.

To broil fish, have a clear but not fierce fire. Dry the fish in a cloth, season it with pepper and salt, and flour it ; then put it on a gridiron, having first rubbed the heated bars with suet, otherwise the fish will stick to them and be broken : it should be often turned in broiling.

Fish is usually garnished with horse-radish, sliced lemon, or fried parsley ; and the roe, melt, and liver.

The prevalent mode of serving fish is wrong. The fish should never be covered up, or it will be much injured from the condensation of the steam. The practice of putting

boiled and fried fish on the same dish is bad, as is also covering hot fish with cold green parsley. Sometimes the removal of a cover exhibits boiled and fried fish, both covered with cold parsley, the fried fish deprived of all its crispness from contact with the boiled, and both made sodden by the fall of the condensed steam from the cover.

To boil Turbot or Brill.

A turbot, if kept two or three days, is much finer eating than a very fresh one; it being only necessary to sprinkle the fish with salt, and hang it by the tail in a very cool place.

Soak the turbot an hour or two before dressing, in cold spring water, into which throw a handful of salt, and a little vinegar; then, with a sharp knife, cut a slit of two inches close to the back-bone; and the same on the belly-side, where two or three cross slits are also sometimes made: this will prevent the fish breaking as it swells. Put on the turbot in water as above, and when near boiling, set the kettle on the side of the fire to boil moderately: skim it well.

Another method of boiling a turbot is to lay it upon its back in the kettle, with half a pint of vinegar, and to rub the belly with a cut lemon; lay over the fish a sheet of white paper, and set it aside for an hour; then fill up with boiling water, and set it on the fire to boil.

A middle-sized turbot, of eight or nine pounds weight, will take from fifteen to twenty minutes boiling, and a turbot of twelve pounds, half an hour.

Serve the turbot with the belly uppermost, and over it sprinkle a little boiled lobster-spawn, rubbed through a hair sieve. Fringe the fish with fried parsley, lemon, and horse-radish, placed alternately. Turbot is sometimes garnished with nasturtium-flowers, and with a fringe of fried smelts, or oysters, or fried soles cut in cross strips, the size of smelts; but this is not a good practice, for the reasons already explained. Serve with plenty of lobster sauce and plain butter.

A turbot can only be properly boiled in a turbot-kettle, which may be also used advantageously to boil a ham in.

A brill is dressed as a turbot, varying the time according to size.

To dress cold Turbot.

Cold turbot may be dressed as salad, or the fillets warmed in white sauce for a side-dish.

To fry Soles.

WASH the soles, and dry them in a clean cloth. Beat the yolk and white of an egg in a basin with a fork; slightly flour the fish, dip a paste-brush in the egg, and with it cover the soles on both sides, then cover them with bread-crumbs, and put them into a frying-pan of boiling fat, one at a time, unless the pan be very large. In four or five minutes, the under-side of the fish will be done; then turn it over by sticking a fork near the head, and placing a fish-slice beneath the tail, and the other side will be fried in somewhat less time. Garnish with parsley, and serve with sauce, as for boiled soles.

A well-fried sole is a credit to any cook. It will be of a fine yellowish-brown colour, and eat crisp, if the fat boiled, that is, if it had ceased to bubble, and smoked when the fish was put in. In this case, the soles will be nearly dry when taken out of the pan; but, if the fat did not boil, the fish will be greasy. These rules apply to frying all kinds of fish.

To boil Soles.

A fine thick sole is little inferior to a turbot. Wash and clean it, but do not take out the roe or melt. Put the sole into a fish-kettle, with cold water to cover it, and a handful of salt: set it on the fire, skim it, and boil gently for about five minutes, unless the sole be very large. Garnish it with fried parsley, and serve with anchovy, or shrimp sauce, or plain butter.

Fillets of Soles.

Very large soles are best adapted for fillets, that is, pieces from the back-bone, the head, fins, and tail being cut off. The fillets may then be fried flat, or, when sprinkled with salt, rolled up tight from the tail-end, and fastened with skewers.

To bake Soles.

Bone the fish, trim, and cut off the heads; season the fish with pepper and salt, and sprinkle over them a table-spoonful of onion, parsley, and mushroom, chopped fine; put on them pieces of butter, and lay them in a deep dish, with crumbs of bread between them; bake them one hour and when done, skim the fat off the gravy, and serve in the dish.

Haddock, plaice, and whiting, may also be baked in this manner; and the fish may be cut off in fillets, or baked whole as above.

Soles in the Portuguese fashion.

Cut the fish in two, if large, but, if small, only split them. Take out the bone, and fry the fish with a piece of butter and some lemon-juice. Then lay the fish on a dish, and spread stuffing over each piece; roll it with the head outside, and fasten the roll with small skewers. Put the rolls in an earthen pan, wet them with a beaten egg, and sprinkle crumbs of bread over them. Then put any egg that may be left, with a little meat-gravy, a table-spoonful of essence of anchovies, and some chopped parsley, over the rolls in the pan, and cover it closely. Bake in a slack oven, until the fish are done. Then place the rolls in a dish, skim the baked gravy, pour it over them, and serve up, with the heads towards each other in the dish. Garnish with fried parsley.

The stuffing for the above is made by beating together cold beef, veal, or mutton, with bacon lightly fried, some onions, or shalot, parsley, pepper, salt, and nutmeg, with bread-crumbs, and yolk of egg to bind the whole into a forcemeat.

Sturgeon.

Skin the piece of fish, and cut it into thin slices; cover them with egg, crumbs, chopped parsley, pepper, and salt; fold them in paper, and broil with care. Serve with butter, essence of anchovies, and soy.

Sturgeon may also be baked. Or it may be roasted upon a lark-spit, basted with butter, and served with brown gravy, with essence of anchovies, lemon-juice, and a glass of sherry in it: the skin should not be removed from the fish before roasting.

Sturgeon may likewise be stewed as carp, and pickled as salmon. Or, it may be boiled as turbot, and served with Dutch sauce.

To boil Salmon.

Put on a kettle with plenty of spring water, and when it boils, add a handful of salt, and take off the scum as it rises; then put in the fish, and boil very gently. Allow a quarter of an hour to each pound of fish, for it requires nearly as much boiling as meat. But, in some cases, the thickness, not the weight, must be considered; so that a quarter of a salmon may take nearly as long boiling as half a salmon.

The best method, therefore, of boiling salmon, is to split the fish from head to tail: if you neglect this, but boil it whole, cut crosswise through the middle, it is scarcely possible to cook it evenly, the thickness of the back and shoulders being such, that if the outside be properly done, the inside will be imperfectly so. On the Tweed, and in other salmon districts, a salmon is never boiled whole, or cut across. Serve with shrimp, anchovy, lobster, or fennel sauce.

About ten pounds of a full-grown salmon make a fine dish. Salmon peel, or small salmon, are dished crooked, in the form of an S; they are mostly good fish, but neither so rich nor full-flavoured as the large salmon. A few slices of culvered salmon make an elegant but very expensive dish.

To broil fresh Salmon.

Cut slices from the thickest part of the fish, an inch thick, dry them, season them with pepper and salt, and rub them with butter or salad-oil; put the gridiron over a clear slow fire, wipe it clean, and rub the bars with oil or lard; lay on the salmon, and broil it carefully ten or twelve minutes. Or, the pieces of salmon may be put in oiled paper, thus broiled, and served in the paper. To turn the salmon on the gridiron, lay a stewpan-cover on the fish, turn the gridiron over, and the salmon will be on the cover.

Broiled salmon may be served with anchovy butter, or tomato, or eaper sauce.

Salmon is, however, better baked than broiled.

To broil dried Salmon.

Cut in pieces, as above, and broil with or without paper; but it should only be warmed through. It is a relishing addition to breakfast; and is likewise a dinner-dish, with egg-sauce and mashed potatoes.

To pickle boiled Salmon.

Lay it in a deep dish, and cover it with vinegar and pump water, in equal proportions, with a little salt.

Or, add to some of the water in which the salmon was boiled, a fourth part of vinegar, two or three bay-leaves, some salt, and whole black pepper; boil this liquor half an hour, and when cold, pour it over the salmon, which will be ready in four or five days.

To pickle Salmon.

Split and clean the fish, and cut it into pieces; boil it for a few minutes in a brine strong enough to bear an egg; then take out the salmon, and lay it on a sloping board to drain off the liquor. Next, boil and skim the liquor in the kettle, mix it with an equal quantity of vinegar, and pour it over the salmon, with a handful of salt, six bay-leaves, six blades of mace, and half an ounce of whole black pepper. Omitting the spice, this is said to be the Newcastle method of pickling salmon for the London market.

Sturgeon, herrings, sprats, and mackerel, may be pickled in the above manner.

To pot Salmon.

Bone, skin, and clean, but do not wash the salmon, salt it, and when the salt is dissolved and drained off, season it with ground mace, a few cloves, and whole pepper, lay it in a pan, with a few bay-leaves, cover it with butter, and bake it; then drain off the gravy, press the salmon into pots, and pour over it clarified butter.

To stew Salmon.

Scrape the fish, and stew slices of it in a rich white gravy; to which add, just before serving, a table-spoonful of essence of anchovies, a little salt, and some parsley chopped fine.

To boil Cod.

Tie up the head and shoulders, and put them into the fish-kettle, with plenty of cold water, so that the fish may be well covered, and throw in a handful of salt. A large fish will require half an hour after the water boils; a very small one, from fifteen to twenty minutes. Drain it on the fish-plate, and see that it is free from black or scum; untie it, and gar-

nish it with parsley, lemon, horse-radish ; the melt, roe, and liver of the fish ; or fried oysters, smelts, or whittings, are, by some cooks, fried and placed around the cod. Serve with oyster or anchovy sauce.

The tail of the cod is so much thinner than the upper part of the fish, that if it be boiled whole, the tail will be overdone before the other part is done enough. The head and shoulders should, therefore, be dressed separately ; and the tail may be cut in slices or fillets, and fried. The lower half of the fish, also, if sprinkled with salt, and hung up, will be in high perfection in a day or two ; or it may be thoroughly salted. If a whole cod-fish be hung up for a day, and the eyes be taken out and filled with salt, it will eat much firmer, and its flavour be improved. And, if eaten on the first day, salt should be rubbed down the bone, and along the thick part.

Scallops of Cod.

Break the cold dressed cod into small pieces, and pour over it the beaten yolk of an egg ; then mix with it a few shrimps, a little butter, and salt and pepper. Nearly fill the shells, strew bread-crumbs over, drop on them warmed butter, then finish before the fire. Turbot, soles, skate, or any other white fish that has been dressed, may be scalloped as above.

Fish Omelet.

Break into small pieces any dressed fish, as turbot, cod, or soles, season it, and mix with it well-beaten eggs to make it into a paste ; then fry as an omelet, and serve hot.

Crimped Cod.

Cut a fresh cod into slices or steaks, lay them for three hours in salt and water, to which add a glass of vinegar : the slices may then be boiled, fried, or broiled ; if the former, they should be put into boiling water, and will require twelve minutes.

Curried Cod.

Fry steaks of firm cod with sliced onions, a fine brown colour ; then stew the fish in white gravy, adding a little currie-powder, and Cayenne pepper ; if liked, with three spoonfuls of cream, a little butter and salt, and flour to thicken.

Cod Sounds

Are the soft parts about the jowl of the fish, which are taken out, salted, and barrelled. For boiling, they should be soaked in warm water for about half an hour, and then scraped and cleaned. Boil them in milk and water till tender, when they should be served with egg sauce.

For broiling cod sounds, scald and clean them; simmer them till tender, then take them out, flour, and broil them. While this is doing, make a sauce for them with a little brown gravy, seasoned with pepper, salt, a little mustard, and a tea-spoonful of soy, with flour and butter; boil together, and pour over the sounds.

To bake Cod or Haddock.

Choose the middle part of the fish, and carefully take off the skin; then make a stuffing with a little of the roe par-boiled, the hard-boiled yolks of two eggs, some grated lemon-peel, bread-crumbs, a little butter, pepper, and salt, binding the whole with the white of an egg, with which stuff the fish, and sew it up. Bake it for an hour in a tin dish, in a Dutch oven; turning it often, and basting it with butter. Serve with oyster sauce, shrimp sauce, or plain butter.

To dress Salt Fish.

Soak it in cold water, according to its saltness; the only method of ascertaining which is to taste one of the flakes of the fish. That fish which is hard and dry will require twenty-four hours' soaking, in two or three waters, to the last of which add a wine-glassful of vinegar. But less time will suffice for a barrelled cod, and still less for the split fish. Put the fish on in cold water, and let it simmer, but not actually boil, else it will be tough and thready. Garnish with hard-boiled eggs, the yolks cut in quarters, and serve with egg sauce, parsneps, or beet-root.

Or, the fish, when boiled, may be broken into flakes, and served with the egg sauce poured over it; or with melted butter, in which are mixed parsneps, previously boiled, and beaten to a paste in a mortar.

Salt fish that has been boiled may be dressed for a second day, by breaking it into flakes, and warming, but not boiling it, in a gravy with the parsnep sauce, pepper, and half a tea-spoonful of mustard.

Halibut

May be dressed as cod, or in collops, as follows: fry thin slices of halibut in butter, then boil them in a little water for half an hour, with a few onions, a head of celery, a few sprigs of thyme, and the bones of the fish; strain, and stew the pieces in browned butter for half an hour, and season with white pepper, salt, mace, mushroom ketchup, and lemon juice, each a table-spoonful; thicken with flour, and serve.

Crimped Skate.

Skin the fish on both sides, cut it into pieces, about an inch and a half broad, and as long as the skate; roll each piece up, and tie it with thread. Soak the pieces for three hours in salt and water, with a little vinegar, and boil them in salt and water, with a few slices of onions, fifteen minutes; cut off the threads, without breaking the fish, and serve, with plain butter, shrimp, or anchovy sauce, or burnt butter, made as follows: warm two spoonsful of vinegar, with salt and pepper, fry some butter till it is very brown, and mix it with the vinegar.

Small skate are much better broiled than boiled.

If skate be hung up for a day or two, then cut in slices, broiled, and eaten with butter, it will be delicious.

To fry Skate.

Soak the skate as for boiling, drain, and dry it, dip the pieces into beaten egg, dredge them with flour, and fry them of a fine brown colour. Serve with sauce as boiled skate.

To fry Smelts.

Wipe with a clean cloth, but do not wash, these delicate fish; dredge them with flour, or cover them with egg and crumbs, and fry as soles. They should be of a clean yellow-brown colour when done, and drained upon a sieve before the fire. Dish them, heads and tails alternately; or, in France, they are served in half-dozens, upon a silver skewer through the gills. Garnish with fried parsley, and serve with plain melted butter.

To dress Red Mullet.

This fish is called the sea-woodcock. Wash and clean off the scales, but do not open the fish; put them in buttered paper cases, into a deep dish, and bake them about twenty minutes in a slow oven, or on a back stove, with fire top and bottom; drain the liquor from the baked fish, add to it butter, flour, a little essence of anchovies, and a glass of sherry, which boil together, and serve in a boat or tureen as sauce, with the fish in the paper cases. Or, the liver of the fish may be taken out, and mixed with melted butter as sauce.

To boil Mackerel.

Wash and clean them with care, and rub them with vinegar half an hour before dressing; put them on in warm water, with a tea-cupful of vinegar in it, and boil very gently from fifteen to twenty minutes. When the eye starts, and the tail splits, they are done, and should be taken up immediately; else they are so delicate, that the heat of the water will break them. As the roe in mackerel is rarely done enough, it is best to open a slit opposite the middle of it, so as to allow the water to enter. Garnish with pats of minced fennel, and serve with fennel, cut fine, in melted butter, to which is sometimes added the roe; or serve with gooseberry sauce.

To broil Mackerel.

Clean the fish, cut a long slit down the back, and wipe it dry; rub it over with butter, and sprinkle with pepper and salt, and chopped parsley; broil over a very clear slow fire; serve with sauce as for boiled mackerel.

Mackerel may also be dressed in fillets, like soles; or split, boned, and broiled in paper.

To bake Mackerel.

Cut off the heads and tails, open them, and clean them well; rub them with pepper and salt, put them into a deep dish, with a little mace, one or two bay leaves, and some whole black pepper; then pour over them equal quantities of cold vinegar and water, tie the dish over with strong paper, (not brown,) and bake for an hour in a slow oven. Or, the mackerel may be seasoned as above, buttered and baked in a dish with butter, without the vinegar and water, and eaten with fennel or parsley and butter.

Pickled Mackerel, or Caveach.

Clean six large mackerel, cut them, split or whole, into four or five pieces, leaving out the heads and tails. Then mix an ounce of pepper, two nutmegs, a little mace (both finely powdered), and a handful of salt; rub the pieces of fish with this powder, and fry them brown in oil; when cold, put them into a jar, and fill it up with vinegar. Mackerel may thus be kept good for several months, especially if oil be poured upon the vinegar.

To fry Whittings.

Provide a stewpan, half-full of fat. Having skinned the fish, and fastened their tails to their mouths, dip them in egg and bread crumbs, and put them into the boiling fat; turn them in a fish-slice, and they will be done in five minutes; then drain off the fat, and serve.

Whiting may also be split, and fried like fillets of soles, in the usual pan.

To boil Whittings.

Put them in boiling water, and boil from six to ten minutes. Serve as fried whittings, with plain butter.

To dress Haddocks.

Clean and take off the heads and skin; put them into boiling water, with two handfuls of salt; boil fast, till they rise to the surface, when they will be done. Serve with plain butter.

Salted haddocks are boiled and eaten with egg sauce, like salt cod; or cut into fillets and fried; or rubbed with butter and dressed in the Dutch oven before the fire.

Haddocks are fried whole, or split, in the same manner as whittings. Haddocks may also be boiled, broiled, or baked with this stuffing: mix equal parts of fat bacon and beef suet, add some parsley, thyme, and savory, a little onion, and sweet marjoram, salt, nutmeg, and pepper to palate; then make into stuffing, with bread crumbs and egg.

Herrings

Are broiled, fried, and boiled as other fish. Sliced onions are sometimes fried with them, and served round them. They should only be wiped clean, not washed. Serve with plain butter, parsley and butter or Dutch sauce.

To dress salt herrings, put them on in cold water, and boil for ten minutes; serve with mashed potatoes.

Red herrings may be plainly broiled; or split them, and soak them previously in hot small beer.

To pot Herrings.

Choose two dozen fine herrings, and carefully scale and clean them very dry; then rub into them two ounces each of allspice, saltpetre, and salt, in fine powder; lay the herrings on a sloping board, and drain them for twelve hours; then wipe off the spice and salt, and pack the herrings in a pan, with the following powder between them: one ounce of mixed cloves, mace, and nutmeg, in powder, with an ounce of pepper, and two ounces of salt. Put upon the top layer a pound of butter, tie the pan over, and bake moderately for three hours. Drain the liquor from the fish when cool, and pack them closely in another pan; next day, pour upon them butter half an inch thick.

Baked Herrings and Sprats.

Wash and drain, but do not wipe the fish, and lay them in rows in a pan; strew over them pepper and salt, chopped onions, parsley, thyme, and bay leaves; cover them with vinegar and small beer, in equal proportions; tie over, and bake in a slack oven one hour; and keep them in the pickle.

Mackerel may be dressed as above.

Spitchcock Eels.

Rub two middle-sized silver eels with salt, leaving the skin on them; cut off the heads, and open the eels on the belly side, take out the bone, and clean them with care; cut them into pieces about three inches long, and wipe them dry; sprinkle chopped parsley, pepper, and salt, over the pieces, dip them in egg and bread crumbs, rub the gridiron with suet, and broil the fish of a fine crisp brown. Dish them with fried parsley, and serve with plain or anchovy butter.

If the skin be taken off, the eel is much more delicate. A small eel may be cut and broiled, as above, without boning.

Fried Eels.

Skin and gut them, cut them into pieces, four inches long, and having seasoned and prepared them as for broiling, fry

them in fresh clean lard. If small, the eels may be curled round and fried. Garnish, fried parsley; sauce, plain butter, or with parsley.

To boil Eels.

Choose small eels; but, if only large are to be had, cut them, and lay the pieces in water, with two ounces of alum, for two hours before boiling: put them into cold water, with a large bunch of parsley, and boil gently ten minutes. Small eels may be boiled round, a skewer being run through the middle. Serve with parsley and butter.

Eel broth may be made by stewing eels for two hours, and adding onions and seasoning.

Matelot of Eels.

Stew the eels as carp (*see below*,) for a matelot; add tench, carp, trout, or the tails of lobsters; also, button onions, fried in butter till brown.

Collared Eel.

Bone a large eel, but leave the skin on. Then rub it in and outside with salt, pepper, mace, and allspice, in powder, mixed with chopped sage, parsley, and thyme; roll it up, beginning at the tail, and tie it tightly. Boil it in salt and water, and when done, add vinegar; keep the eel in this pickle, and serve it whole, or in thin slices.

To roast an Eel.

Choose a large silver eel, skin it, take out the bone, and spread on the inner side the force-meat directed for soles; roll the eel from the tail, tie it up, and fasten it with silver skewers: cover it with the skin buttered, and roast it; when nearly done, remove the skin, brush the eel over with yolk of egg, and sprinkle over it bread crumbs, or sifted raspings. Serve in a dish with the following sauce: put into a saucepan a gill of brown sauce, to which add a table-spoonful of chopped capers, with their vinegar, and the same quantity of essence of anchovies; warm together.

To stew Carp, or Eels.

Scale and clean the fish, taking out the liver and roe. Lay the carp in a stewpan, and cover it with rich beef gravy, to

which add one onion, six cloves, or three blades of mace, also three tea-spoonsful of allspice, and the same quantity of black pepper, with half a pint of port wine; simmer closely covered, and, when done, take out the fish, and put it over a pan of hot water to keep warm. Then strain the gravy in the pan, add to it a gravy-spoonful of essence of anchovies, half as much made mustard, a little walnut or mushroom ketchup, a piece of butter rolled in flour, the juice of a lemon, and the liver of the fish chopped fine. Shake and boil the gravy a few minutes, adding a table-spoonful of soy. Then fry sippets of bread and the roe, which serve with the carp, the hot gravy being poured over.

Plain boiled carp, dished with a napkin, may be served with the above sauce, in a tureen.

Cod's head, soles, trout, perch, eel, or flounder, may also be stewed as above.

Baked Carp.

Clean a large carp, and fill it with stuffing, as for soles, in the Portuguese fashion. (See p. 92.) Sew up the fish, cover it with egg and crumbs, and pour over it oiled butter; then put the fish into a deep dish or pan, with a pint of beef gravy, three or four sliced onions, a little basil, thyme, marjoram, and three times as much parsley, with half a pint of port wine. Cover the dish, and bake about an hour. When done, keep the fish hot, strain the liquor, and add essence of anchovies, mustard, ketchup, &c., as in the sauce for stewed carp. Serve the fish on a dish, and the gravy in a tureen.

Jack.

Jack may be stewed as carp and eels, or stuffed and baked as carp. It may also be stuffed, wrapped in buttered paper, fastened on a spit, and roasted; baste with butter, and when done, take off the paper, and serve with sharp sauce. Jack may likewise be fried plainly, and served with melted butter.

To dress Pike, or Gurnard.

Pike may be filled with veal stuffing, turned with the tail in the mouth, and baked for an hour and a half, as carp, already directed. Or, it may be stuffed, and boiled one hour. Pike

may likewise be boned, and fried in fillets, as soles; as may also earp, tench, and trout.

Gurnard are baked as pike.

Barbel.

Clean the fish, remove the baek-bone, and cut the sides into slices; soak them in salt and water for an hour or two, and spitcheock them as eels.

Char

Is rarely eaten fresh, except in the neighbourhood of the Lakes, where it is caught. It is then fried, and is delicious.

Char is mostly potted as herrings, but with more butter; each fish requiring at least half a pound of butter, and longer baking than herrings.

To dress Plaice.

Boil according to size; or, if a large fish, sprinkle it with salt, keep it for a day, then wash, and wipe it dry; wet it with vinegar, cover it with egg and bread crumbs, and fry a fine colour, as soles. Garnish with fried parsley, and serve with anchovy sauce.

Perch, Tench, Trout, and Grayling.

Perch and tench may be put into cold water, and boiled carefully from ten to fifteen minutes; as may trout and grayling. These four kinds of fish are likewise fried, after being dried and floured. Garnish with fried parsley, and serve with melted butter.

To dress Flounders.

Wash and clean them carefully, and cut the dark side of them as you do a turbot; then rub them inside and out with salt, and let them remain two hours, to give them firmness. Put them into a fish-kettle, with cold water, and when they boil, skim the liquor, take off the kettle, and set it by the fire, to keep gently boiling for about five minutes, when the fish will be ready. Dish with the tails in the middle, and serve with plain butter, or parsley and butter.

Flounders are very difficult to fry nicely; they should be cleaned, wiped dry, and floured, and then fried as soles.

Water Souchy

Is a kind of soup made with flounders, perch, tench, whittings, gudgeons, or eels. Clean and trim the fish, and cut them into pieces, which put into a stewpan, with water to cover them; some parsley and onions chopped fine, a few pepper-corns, and some salt. Skim when it boils—simmer for a few minutes, and serve the whole in a deep dish, or tureen; with sippets of bread, and slices of bread and butter on a plate.

Some cooks strain the fish liquor, thicken it, and flavour with white wine, essence of anchovies, and ketchup, and then serve with the fish in it.

Lampreys

Should be cleaned carefully, and the cartilage which runs down the back should be removed: they may then be stewed in strong beef gravy, and sherry or Madeira, with allspice, pepper, cloves, mace, and nutmeg. The fish should next be taken out, and essence of anchovy, made mustard, lemon-juice, flour, and butter, added to the gravy before it is strained. Serve with sippets, and horse-radish for garnish.

For potting, remove the cartilage and a string on each side of it, but leave on the skin of the lampreys. Wash and clean the fish, drain them for a night; then, for a dozen fish, mix two ounces of white pepper, some salt, a tea-spoonful of mace and cloves together, all in fine powder, with which season the lampreys as you pack them in a jar. Clarify two pounds of butter, and half a pound of beef suet, and pour it over the fish; tie them over and bake slowly three hours, taking off the oil as it works to the surface. When cold, take off the old butter; then warm the fish, and cover them with fresh butter.

The above are the methods practised at Woreester, where lampreys are eaten in perfection.

To boil Lobsters and Crabs.

Choose those that are heavy and lively; the male lobster to eat, and the female to make sauce of. In most cookery-books, lobsters are directed to be boiled alive; but a humane gentleman, who has spent much time in experiments to avoid cruelty, states that lobsters and other shell-fish are improved in flavour, if killed *before they are boiled*, by putting them into fresh water—the hardest pump water answering best—

in which they live but a short time. He adds, "The tail of a lobster thus dressed will be found to lose much of its hardness and indigestibility. The watery quality is equally common to those dressed in the usual way, which arises from the fish having been sickly and diseased."

To boil lobsters, set on a kettle with water, and salt in the proportion of a table-spoonful to a quart; put in the lobsters when the water boils, and keep them boiling briskly from half an hour to an hour, according to size. Wipe the scum off the lobsters, and rub the shell with sweet oil or butter.

To dish a lobster, break off the large claws, and crack the shell without crushing the inside; cut the tail or cradle down the middle; set up the body whole in the centre of the dish, and lay the other parts round it, garnished with parsley.

To roast Lobsters.

When half-boiled, take them out of the kettle, butter the shells, lay the fish before the fire, and baste them with butter, till it froths. Serve with high-seasoned melted butter.

Potted Lobsters, Crabs, Shrimps, or Prawns.

Choose fine hen lobsters, full of spawn; boil them, pick out the tail and claws, season with salt, pepper (black or Cayenne), and mace, and cover them with melted butter; bake them one hour, and strain off the butter; then pound the lobster with the spawn into a paste, put it into pots, clarify the butter and pour upon it, and tie over. Lobsters may also be potted in pieces, without beating.

Crab, shrimps, and prawns, may also be potted as above; and all, when cut out, make fine sandwiches.

Curried Lobsters.

Lay the meat in a pan, with two or three blades of mace, and equal quantities of veal gravy and cream; then rub with butter, two tea-spoonfuls of currie-powder, and half the quantity of flour; which put into the pan, and simmer the whole an hour, adding salt, and the juice of half a lemon.

Lobster Cutlets.

Pick hen lobsters, save the spawn, and beat the meat in a mortar to a paste; put it into a stewpan, with some butter,

and salt and pepper seasoning; warm together, set the pan aside, and, when cold, make up the paste into pieces the form of cutlets, and fry them with egg and bread crumbs. Then make a rich gravy, colour it with the lobster spawn, and serve in the dish with the cutlets.

Hot and cold Crabs and Lobsters.

Boil them, pick out the meat, and clear the shell; season it with salt and pepper, and a little nutmeg; add butter, crumbs, and vinegar, and put the whole into the shell before the fire. Serve with dry toast.

Crab, or lobster, may be dressed cold, with oil, vinegar, salt, and pepper, and served in the shell; less oil being requisite for a crab than for a lobster.

To feed Oysters.

Wash them clean, lay them bottom downwards in a tub or pan, and cover them with water, to two gallons of which add a pound of salt. In twelve hours, change the salt and water. Colchester barrellled oysters, if tightly packed, will be better without water. Barrellled oysters may be kept alive by removing the top hoop of the barrel, and placing a heavy weight upon the head or top, so as to keep the oysters close.

To boil Oysters.

Do not open them, but wash the outsides, and put them with the hollow sides downwards into a jar, which cover, and set to its neck in a saucepan of water to boil; the oysters will thus be boiled in their own liquor, unmixed with water.

To stew Oysters.

Remove the beards from two dozen oysters, and wash them from grit; then strain the liquor, and, if it be not too salt, add to it a spoonful of flour, and two ounces of butter, with a blade of mace, a little lemon peel, and white pepper. Simmer gently, and put in the oysters five minutes before taking up; if longer, they will be hard and tough. If the liquor be very salt, use only a portion of it, and add a little water. Serve in a dish, with sippets, having taken out the mace and lemon peel.

When oysters are roasted or boiled in their shells, they should be served with cold butter.

To fry Oysters.

Prepare a batter of flour, milk, and eggs to which add a few bread crumbs, seasoned lightly with salt, pepper, and a little nutmeg: dip the oysters, bearded, in the batter, and fry them of a yellow-brown in beef dripping.

Or, dip the oysters in beaten egg, and roll them in bread crumbs, seasoned as above, before frying them.

Fried oysters are sometimes used as garnish for boiled fish; but they are mostly too hard to be eaten.

To scallop Oysters.

Beard the oysters, and put them, with two or three blades of mace and a little Cayenne pepper, into their own liquor; warm them a few minutes, and then put the oysters, with crumbs of bread, pepper, a little salt and grated nutmeg, and a few pieces of butter, into scallop-shells; put over the upper layer of bread crumbs a few pieces of butter, moisten it with the oyster liquor, and grate upon it a little nutmeg. Bake in an oven ten minutes, or before the fire until brown.

Or, proceed as in stewing oysters, and put them into scallop-shells with crumbs fried with butter. It is requisite to warm the oysters before they are put into the scallop-shells, else they will not be done.

In this manner may also be dressed scallops and cockles; and any cold dressed fish may thus be warmed, so as to make a nice dish.

To pickle Oysters.

Take off the beards, simmer the oysters in their own liquor, and put them into a jar or wide-mouthed bottle; then strain the liquor, and add to it as much distilled or white wine vinegar; boil it with a little mace and black pepper; skim the liquor, and with it, when cold, fill up the jar or bottle, and tie over with bladder.

Oysters may also be pickled without simmering, in which case they are not so likely to be hard and tough.

Anchovy Butter.

Pick and wipe, but do not wash, six anchovies, and beat them with two or three ounces of fresh butter; rub the paste through a fine hair-sieve; cut it into ornamental forms with warm cutters, and serve at breakfast, or as garnish for salads.

Anchovy Sandwiches.

Wash fine anchovies, split them, and carefully remove the bones; then lay the fish between neatly-cut slices of bread and butter: or spread anchovy butter thinly upon bread.

Anchovy Toast.

Cut the crust off bread, toast it evenly, spread plain butter on the under side, and anchovy butter on the top: serve cut into square pieces. If the butter be not strong enough, lay on the toast also split and quartered anchovies.

Anchovies should be kept closely kept down, and covered with their liquor, with a piece of slate lain upon them.

Caviare.

Caviare is the roe of the sturgeon; it is served upon toasted bread, in a dish; and is eaten with roast meat, or with cheese.

To serve Prawns.

Cover the dish with parsley, or turn down a hollow dish so as to raise a napkin in the form of an octagon upon it; cover this with parsley, and upon it form a pyramid with the prawns.

* * * *The several Fish Sauces will be found under SAUCES, Fish Soups, under SOUPS; and Fish Pies, under PIES.*

M E A T.

KEEPING MEAT.

As soon as meat is brought in, it should be wiped dry and examined, and the fly-blown parts, if any, should be cut off. This should be attended to daily, else, when dressed, the outer slices are liable to have a musty flavour.

Venison.—The haunch is the finest joint. The kernel in the fat, as in the leg of mutton, should be taken out; the part should then be wiped dry, and ground pepper and ginger rubbed on the inside, to keep the flies from it. The neck is the next best joint, and merely requires wiping dry with a clean cloth. The shoulder and breast are mostly used in two or three days for pasties; but sometimes the shoulder is roasted as the haunch.

Beef.—The sirloin is the prime joint for roasting, and should be often examined to see that it is not fly-blown, as the flies are apt to get under the loose side of the fat. Wipe it dry, sprinkle the fat and rub the chine-bone with salt; take out the pipe that runs along it, the fat kernel from the clump, and the pith; then rub their places and the outside of the two ends with salt. With this precaution a sirloin of beef will keep good a week in hot weather. Of ribs of beef, rub with salt the inside, outside, the two ends, and top; and then hang them up. From the rump, cut most of the fat that is generally left in by the butcher, take out the kernel near the small end, wipe the joint dry, and hang it up. The brisket merely requires to be wiped dry before it is hung up. Beef for boiling requires equal attention. In a round of beef are two kernels: one in the middle called the pope's eye, and the other in the thick fat; both which should be taken out, else the meat will soon spoil, however well it may be salted. The kernel in the middle of the fat of the thick flank, and that in the aitch-bone, where the rump is taken off, should also be removed; as should another kernel, sometimes in the shoulder, and at other times in the neck-piece.

Veal, more than any other meat, requires to be wiped with a clean cloth every morning. The kernel should be taken out of the thick fat of the leg, and the udder slightly sprinkled

with salt. Cut out the pipe from along the chine-bone of the loin, remove the kernel from under the inside fat, and sprinkle the chine-bone with salt. The pipe and chine-bone should be cut out from the neck, and the inside of the ribs rubbed with salt. From the breast, cut off the loose inside fat, and piece of skirt. The shoulder is rarely kept above a day or two.

Mutton.—From the chine, or two loins, take out the fat, the pipe of the back-bone, and two small kernels near the tail. The leg spoils sooner than any other joint of mutton; to prevent which, take out the kernel from the fat, and fill up its place with salt. The neck will keep well, if the pipe be cut out from along the chine-bone. Take out the kernel from the shoulder. Cut the skirt out of the breast. *Lamb* should be managed as mutton. Veal and lamb, it may here be observed, spoil sooner than other meat.

Pork.—Legs for roasting should be hung up; as should also necks and loins, the latter sprinkled with salt.

Elder leaves bruised in a mortar, with a little water, and rubbed on bacon, will destroy skippers in it, without injuring the meat.

Fat.—The suet should be cut from sirloins of beef, or loins of veal or mutton, as soon as they are sent by the butcher. Suet is used for puddings, although the fat of a neck or loin of mutton makes them lighter. Clarified suet is useful for basting meat, and for making kitchen pies.

Suet will soon become tainted; but it may be kept some time, if all the kernel and skin be removed, and the solid parts be wiped dry, and put into salt and water. Before using, it will, however, be requisite to soak the suet in water.

Meats are much improved by hanging: all legs and shoulders should be hung knuckle downwards, to keep in the gravy.

Dried meats, hams, &c., should be kept in a cold but not damp place.

Smoked provisions keep better than those which are dried, on account of the pyroligneous acid which the former receive from the smoke.

To remove the taint of meat, wash it several times in cold water; then put it into plenty of cold water, into which throw several pieces of red-hot charcoal. If you fear meat will not keep till the time it is wanted, par-roast or par-boil it, that is,

partly cook it; it will then keep two days longer, when it may be dressed as usual, but in rather less time.

In very cold weather, as meat is apt to be frozen, it should be brought into the kitchen and laid some distance from the fire, early in the morning; or soak the meat in cold water two or three hours before used; putting it near the fire, or into warm water, till thawed, should be avoided.

The time meat should hang to be tender depends on the heat and moisture of the air: if not kept long enough, it is hard and tough; if too long, it loses its flavour. It should be kept in a cold place, washed with milk and water; then wiped dry, and lightly sprinkled with ginger and pepper, to be washed off with tepid water before the joint is put to the fire.

A larder should always be placed on the north side of the house; the window may be closed with canvass, but wire is much better. There should be a thorough draught or current of air passing from the door to the window, the holes being made as near the bottom of the door as possible. The floor should be of stone, brick, or tiles, and not wood; the shelves, too, ought to be of stone; or slate, which is much cheaper. Articles that are likely to spoil should neither be kept in or laid upon wood, because it is not so cool as stone. Provisions will keep fresh longer from being hung up, as the air will then be admitted to every part of them.

In summer, canvass covers should be placed over salting-tubs, to admit air and exclude flies, which are more destructive to salt than to fresh meat.

Warm, moist weather, is worst for keeping meat: the south wind is very unfavourable, and lightning very destructive, so that after their occurrence, meat should be specially examined. The flesh-fly, from May to Michaelmas, is, however, the greatest destroyer of meat.

VENISON.

To roast a Haunch of Venison.

Wipe the meat dry, sprinkle it with salt, and then cover it with writing-paper rubbed with butter; cover this thickly with a paste made of flour and water, mixed with a little pol-lard: round which tie with packthread white kitchen-paper closely, so as to prevent the paste falling off. Set the haunch

to a strong fire, if in a cradle spit the better; baste it immediately, to prevent the paper and string burning, and continue to baste it until nearly done; then cut the string, draw the meat nearer the fire, and carefully take off the paste; baste the meat with butter, dredge lightly with flour, until it takes a light-brown colour. Venison should be rather under than over-done. A buck haunch will take from three to four hours' roasting; doe, little more than three hours. Serve with the knuckle garnished with a ruffle of cut foolscap paper, and with gravy and red currant jelly.

The gravy should be made as follows: cut two or three pounds of the serag, or the lean of a loin of old mutton, brown it on a gridiron, and put it into a saucepan with a quart of water; cover it closely, and simmer for an hour; then uncover it, and stew the gravy to a pint; season *only* with salt, and colour brown, and strain.

Another, but much more expensive, gravy, is made with a pint of port wine, a pint of strong mutton gravy, as above, and a table-spoonful of currant jelly; let these merely boil up. Or much less wine and more jelly may be used. Seasoned beef gravy is sometimes preferred to mutton gravy.

If the plain gravy only is chosen, cold currant jelly should be served in a side dish, or boat. Vegetables—French beans and potatoes.

Venison should be served in a metal dish, with a lamp beneath it, else it will soon grow cold.

Neck and Shoulder of Venison.

Roast, as the haunch, but with the paste lain on thinner, from two to three hours; and serve as the haunch. A neck is best spitted by putting three skewers through it, and then passing the spit between the skewers and the bones: the top of the ribs should be cut out, and the flap doubled under, as in a neck of mutton for boiling.

Breast of venison may be dressed as above, or baked with mutton gravy, and, when cold, cut up and made into pasty.

Venison Pasty.

Having baked or boiled three hours in broth with a sprig of thyme, the neck or breast, in pieces, take out the bone,

season the meat with pepper and salt, and make it into a pie, with thick puff paste: when baked, pour strong gravy into it, and serve cold.

To stew a Shoulder of Venison.

Choose a shoulder that is too lean for roasting, take out the bone, cover it with slices of mutton fat, and roll and tie it up tightly. Put it into a stewpan with gravy made with beef or mutton, and the bones of the venison, two glasses of port wine, and some whole pepper and allspice. Cover it closely, and simmer very slowly until the venison be tender, when it should be taken out, untied, the fat removed, and the venison be served with the gravy thickened and strained over it.

To hash Venison.

If enough of its own gravy be not left, make more of the trimmings of the joint: thicken this gravy with a little butter and flour, but do not season it; boil it up and strain it; and, having cut the venison off in large slices, *warm* them in the gravy: if you let it boil, the meat will be hard. Serve with currant jelly. If the fat be objected to, let the hash get cold, then take off the caked fat, and warm again. Port wine is a fine addition, but should only be put in just before the hash is served.

To dress a Fawn, or a Kid.

They should be dressed almost as soon as killed. When young, they may be trussed, stuffed, and roasted like a hare, at a quick fire: or, when full grown, fawn and kid are roasted in quarters; the meat being well basted, or covered with fat bacon, and finished basting as venison. Serve with venison sauce

BEEF.

To boil salted Beef.

Skewer up tightly a round, or half a round, and put it on the fire in plenty of cold water; take off the scum as it rises, and boil till all is removed; then simmer only until the beef is done: a round of twenty-five pounds will take four hours and a half boiling, that is, from the time it boils: half a round, of thirteen or fourteen pounds, will require about three hours.

An aitch-bone of beef of twelve pounds weight will require three hours' boiling, as above; and a brisket of ten pounds weight, the same time. Carrots may be boiled with beef: of the liquor may be made peas' soup.

Be careful to boil beef but gently at first, as well as simmer afterwards, else it will be hard and tough.

Beef and Sauer Kraut.

Boil about six pounds of beef for five minutes; then put it into a stewpan, cover it with sauer kraut, and add a pint of weak gravy: stew gently for four hours, and serve in a deep dish.

Bubble and Squeak.

Pepper, and fry or broil slices of under-done salt-beef, chop boiled white cabbage, season it with pepper and salt, and fry it with a little butter. Lay the cabbage round or over the beef, and serve very hot.

Marrow-bones.

Saw them asunder, if too long to serve undivided; tie over the open ends thickly-floured cloth; boil them an hour or two, and serve with very hot toast.

To boil Hung-Beef for grating.

Put it on in boiling water, and, to preserve the colour, keep it boiling as fast as possible. A piece of six pounds will require one hour and a half boiling.

Hunters' Beef.

Hang up the tongue side of a round of beef, weighing about fifteen pounds, for two or three days; then mix in the finest powder three ounces of saltpetre, one ounce of coarse sugar, a tea-spoonful of black pepper, the same of allspice, and three-quarters of a pound of common salt. Take the bone out of the beef, and rub the meat well with the above mixture daily for a fortnight. To dress it, put it into a pan with a quart of water, cover the meat thickly with shred mutton suet, and over it put a thicker crust to the brim of the pan, which should be tied over with paper. It should then be baked in a moderate oven for six hours; or it may be stewed very gently for about five hours; then remove the paper and crust,

sprinkle the meat with finely-chopped parsley, and serve cold. It should be cut evenly with a very sharp knife. It will keep some time, as will also the gravy, which is fine flavouring for sauce or soups.

Beef Bouilli,

Or, in plain English, boiled beef, is a favourite but simple French dish; though the meat is not boiled, as the name implies, but very gently stewed. The beef should be fresh, and the best parts are the leg or shin, or seven or eight pounds of the brisket. Put the meat into a soup-kettle or deep stewpan, cover it with cold water, and set it over a clear fire; take off the seum as it rises, then put in two of each—carrots, leeks, turnips, onions, and heads of celery, sliced, a fagot of parsley and sweet herbs, three cloves, and salt and pepper to taste: also, put in whole, a large carrot and onion, a turnip, and a head or two of celery. Remove the pot or pan to the fireside, and simmer four or five hours, or until the meat is tender.

A good sauce for the above may be made as follows: chop parsley very finely, and slice three or four pickled gherkins; then thicken half a pint of the broth in which the beef was boiled, by adding a table-spoonful of flour, and a piece of butter the size of an egg; add a table-spoonful of vinegar, the same of mushroom ketchup, and a tea-spoonful of made mustard: simmer the whole together, putting in the parsley and cucumber to warm, and pour the sauce over the beef, or serve it in a tureen. This sauce is likewise excellent for brisket, or shin of beef, plainly boiled.

À la mode Beef.

Take eleven or twelve pounds of the mouse-buttock, the clod, or the sticking-piece, and cut it into pieces of three or four ounces each; then put into a deep stewpan about four ounces of beef dripping, and two large onions minced, and when these have become hot, flour the meat, and put into it the stewpan; stir it continually with a wooden spoon, and add flour, until enough to thicken it; then add gradually about a gallon of boiling water, and well stir the whole; skim it when it boils, and add a tea-spoonful of ground black pepper, two of allspice, salt to taste, and two or three bay leaves; set the pan by the side of or high over the fire, and stew very slowly for about

three hours, when the meat will be tender enough. Serve in a tureen, and send up with it a salad.

Another method, for a richer dish than the above, is as follows: choose a piece of thick flank of beef, cut fat bacon into long slices, dip them in vinegar, and then into a seasoning ready mixed, of salt, ground black pepper, and allspice, and parsley, chives, thyme, savory and knotted marjoram, shred as finely as possible. With a sharp knife, let the bacon into the beef, which should also be rubbed with the seasoning, and tied up with tape. Put it into a stewpan, with three or four onions fried brown, a turnip, two carrots, a head of celery, a tea-spoonful of vinegar, and about a quart of water. Stew very slowly until the meat be very tender; having turned it twice, then pour off the gravy, remove the fat, add to it a gill of port wine, and warm again: take the tape off the beef, and serve with the hot gravy poured over it, with or without the vegetables.

Veal alamode may also be made as above.

Beef Collops.

Cut thin slices from any tender part, and divide them into pieces about three inches long; flatten and flour them, and lightly fry them in beef-suet or butter; then lay them in a small stewpan, cover them with gravy, into which put a piece of butter rubbed in flour, salt, and pepper, to taste, and a small piece of shallot cut fine, just to flavour. Simmer the whole, but do not let it boil, and serve in a hash dish. Sliced pickled gherkins, and capers cut small, may be added, at pleasure.

Stewed Brisket.

Choose the best end of the brisket, tie it up with tape, and put it on in broth, with a carrot, three turnips, two heads of celery, and four onions. Simmer it till tender, and serve with the vegetables, adding two or three pickled gherkins cut in slices.

Brisket, stewed as above, cut in slices, and served with the vegetables, makes a *haricot of beef*.

Roast Beef.

A sirloin or rump of sixteen pounds will take four hours roasting by a large sound fire. Ribs, of nearly the same weight,

being thinner, will require half an hour less. When the sirloin is very large, and not less than a foot from the grate, the fire must be more moderate, as it will be a long time before the middle warms. The spit should not be put too low, else the meat will only receive heat from the top. To keep down the colour, cover the joint with white paper, to be removed when the meat is nearly done. When it is drawn from the spit, some gravy will run out, to which may be added a little boiling water, with salt in it, and poured along the bone. Garnish with hillocks of horse-radish, finely scraped.

The Inside of a Sirloin.

Remove it in one piece, and stew it with good gravy, spice, and seasoning, and walnut ketchup to flavour. Serve with chopped pickled gherkins, as a corner dish.

Or, the inside of the sirloin may be cut into pieces, dredged with flour, fried in butter, and served up in a richly-seasoned gravy, flavoured with vinegar.

Cold roast beef may also be cut into dice, fried, and simmered, in gravy, and served with poached eggs, on the top or underneath.

The Inside of a Sirloin as a Hare.

Soak for twenty-four hours, in vinegar, with a glass of port wine in it, the inside of a sirloin that has hung for some days. Then put into the middle of the beef stuffing as for hare, and tie it up tightly. Roast it on a hook, and baste with the wine and vinegar mixed, with a tea-spoonful of ground allspice, and a clove or two powdered. When this mixture has dried up, baste with butter. Serve as hare, with a rich gravy and jelly.

Fillet of Beef.

Take the bones out of two or three ribs of beef that have been kept till tender, and skewer them tightly round, like a fillet of veal; it being sometimes previously covered with egg, and sprinkled with veal stuffing. Roast longer than the sirloin; a fillet of ten or twelve pounds, requiring from four and a half to five hours' roasting.

A fillet of beef may also be stewed as a rump; or cut into slices, like a friandeau; and served on tomata sauce.

Gravy for Roasted Meats.

All good meat, if not over-done, will yield nearly sufficient gravy, as the joint is cut up. But, to make gravy in the dish, on serving, it is customary to put a tea-spoonful of salt in a little boiling water, and pour it over any part of the joint, except the part lying uppermost; as the water, if poured over that, would spoil its appearance. Such is the general rule for roasted meats; but, as pork and veal are better done than other kinds, they do not yield so much gravy; and beef gravy is sometimes made for the pork, and thin melted butter for the veal. In all cases, gravy should be entirely free from fat; the joint should, therefore, never be placed near the fire after the water has been poured over it, as the heat of the fire will draw out the fat from the meat.

Gravy is sometimes made for roasted meat from the parings or trimmings of the joint; but this is neither economical nor requisite, with attention to the above rule.

To warm Cold Roasted Meat.

There are several methods of doing this: one of the best is to sprinkle the joint with salt, and put it into a Dutch oven to warm gradually before a moderate fire; it should be kept turned till it is hot and browned, and then served with gravy.

Or, put a few slices of beet-root, a small onion, a lettuce, and a cucumber, sliced, into a stewpan, with a little water, butter, pepper, and salt; stew them very gently, add a quantity of peas, and some dressed meat in slices, and stew till the meat be ready, when lay the vegetables round it, and serve.

To stew a Rump of Beef.

Wash it with care, and season it well with pepper, salt, ground allspice, mace, and cloves; then tie it up, and put it into a pot, upon twigs or wooden skewers, to prevent the meat from sticking; add to it three large onions sliced, two turnips, three carrots, a shalot, some celery, and a handful of sweet herbs. Cover the meat with boiling water, add beef or mutton shank-bones, and simmer the whole till tender, or about four hours. Then strain the gravy, take off the fat, and add half a pint of table beer, from half a pint to a pint of port wine or sherry, and a table-spoonful of mushroom ketchup; thicken it, simmer for half an hour, and then pour it over the beef. Garnish with carrots and turnips.

Rump of Beef à la Mode.

Take out the bone, lard the meat through with thick pieces of bacon, and tie it up. Put it into a stewpan, with fat bacon under it, and three large onions, a few bay leaves, the peel of a lemon, a dozen cloves, six small blades of mace, a spoonful of allspice, three carrots, a bunch of sweet herbs, and the bones broken. Add a quart of boiling water, and stew the whole four hours, till tender. A few mushrooms, truffles, and morels, are fine additions. When done, strain the gravy and remove the fat; thicken and season with salt and pepper, add to it a pint of port wine, warm it, and serve, poured over the beef, which will be much improved by glazing.

To broil a Steak.

The finest steaks are cut from the inside of the sirloin, and the next best are those cut from the middle of a rump, about half an inch thick; they should not be beaten, else they will be dry and hard. Have a clear brisk fire, sprinkle some salt on it, and set the gridiron in a slanting position; rub the bars with suet, to prevent the meat sticking to them, or being marked; lay on the steaks, and turn them often with a pair of steak-tongs, as a fork will let out the gravy. When the steak is done, lay it in a dish, rub butter over it, and season with salt and pepper. If sauce, as ketchup, be added, it should be previously made hot. Shalots and tarragon, chopped fine, are excellent additions; but, in this case, they should be warmed in a little gravy before they are sprinkled over the steaks. Garnish with pickles and finely-scraped horse-radish.

To stew Rump Steaks.

Cut two fine steaks, rather thicker than for broiling. Melt a small piece of butter, with two onions, in a stewpan, lay in the steaks, and fry them over a slow fire for ten minutes. Then cover the steaks with weak gravy, or boiling water, with half a pint of button onions, previously boiled and peeled, a few corns of black pepper, some salt, and a piece of lemon-peel. Simmer the whole very gently for about an hour and a half, or until the steaks be tender, when take off the fat. Next strain off the liquor. Melt about two ounces of butter in another stewpan, thicken it to a paste with flour, add a table-spoonful of mushroom ketchup, and season with cayenne.

pepper; then add the gravy gradually, boil it up, skim and strain it, and pour it over the steaks, with the onions round the dish. Carrots boiled, and cut in dice, are sometimes added with the onions; and the dish, though a savoury one, often has the addition of a glass of port-wine, just before the gravy is finished.

To stew Rump Steaks, plain.

Flour and season the steaks, and fry them lightly with butter and spiced onions; then lay the steaks in a stewpan, and cover them with boiling water, adding a few button onions. Simmer them half an hour, season with pepper and salt, and add a table-spoonful of mushroom or walnut ketchup, just before serving.

To stew a Steak quickly.

Fry the steak with a sliced onion in butter, till both are of a light brown colour, then lay them in a stewpan, with half a pint of water, a table-spoonful of walnut ketchup, some chopped shalot, white pepper, and salt: cover closely, and stew gently; the gravy may be thickened with flour and butter.

Rump Steaks and Oyster Sauce.

Wash the oysters free from grit; strain their liquor, and put some of it, with as much water, into a saucepan, with a blade of mace, some lemon-peel, and ground white pepper; add butter and flour rubbed together, and boil up, take out the mace and lemon-peel, put in the oysters, and a spoonful of mushroom ketchup; simmer a few minutes, and then pour it over the steak that has been carefully broiled and well seasoned. If too much of the oyster liquor be used, the sauce will be too salt. A little cream is a fine addition. This sauce should resemble thickened gravy rather than melted butter.

Rump Steaks and Onions.

Broil the steaks. Slice the onions, and fry them with a little butter, until they are tender. Serve in the dish, with the steak, or separately.

To roast Beef Heart.

Wash and clean it carefully, dry it, and put in a stuffing of bread crumbs, suet, marjoram, thyme, and parsley, seasoned

with salt, pepper, and nutmeg. Put it down to roast for two hours and half, basting with butter. Serve with gravy as for hare, and currant jelly. The cold heart may be hashed with its gravy and stuffing, as hare.

Ox-feet, or Cow-heel's.

Wash, scald, and clean them ; boil and serve in a napkin, with a sauce of melted butter, vinegar and mustard, seasoned, or with parsley and butter. Or, boil the feet, and stew them in a brown gravy, having taken out the bones. Or, cut the heel into picces, dip them into the yolk of an egg, seasoned bread crumbs, and minced parsley, and fry them in butter. Or, the slices may be dished upon onions, fried in butter, and put round them ; and served with the sauce.

The liquor in which the feet were boiled may be made into jelly, or used to enrich soups and gravies.

To boil Ox-cheek.

Wash half a head clean, and soak it for ten hours. Break the bone ; put it on in boiling water, and boil from two to three hours. Then take out the bone, and serve the cheek with carrots, turnips, or savoy.

To stew Ox-cheek.

Clean and soak the head, parboil it, and take out the bone. Put the cheek into a stewpan, with three quarts of the liquor in which it was boiled ; then boil up, and skim, and simmer two hours. Next, put in carrots, leeks, two or three turnips, a bunch of sweet herbs, some whole pepper, two ounces of allspice, and a head of celery. Skim it often, and when the cheek is tender, take it out, and cover it closely, to keep its colour. Then take the fat off the soup, and put in some onions fried brown in butter and flour. The soup may be served separately, or with the meat.

To boil Neat's Tongue.

Soak the tongue ; if dried, twenty-four hours ; if in pickle, six hours before dressing it. Put it on in plenty of cold water, let it heat very gradually, and boil, or rather simmer it, from three hours to three hours and a half, or until it be tender. Then take it out, dip it into cold water, and skin it ; cut off the root, glaze the tongue, and serve with

spinach under it, or mashed turnips on one side, and mashed carrots, or carrots and spinach, on the other.

Larded Tongue.

Choose a small neat's tongue, pickled, soak it in water, and cut off the root: boil the tongue about half an hour, blanch it, and take off the skin; then prepare fat bacon, by putting between every two pieces a seasoning of pepper, mace, sweet herbs, and garlic, or shalot, minced finely; lard the tongue throughout, except a narrow line down the middle, where it is to be divided; braize and glaze the tongue, cut it asunder, except at the two ends, and lay it open in the dish; serve it hot, upon brown saucc, to which have been added a few chopped capers, and pickled gherkins, sliced, with lemon-juice and Cayenne pepper.

To stew Tongue.

Cut off the root, leaving some fat, and salt the tongue for a week. Boil it till it may be peeled: then stew it in gravy, seasoned with soy, mushroom ketchup, and Cayenne pepper. Serve with truffles, morels, and mushrooms, stewed in the gravy.

Slices of Tongue.

Cut a dressed tongue into slices, and warm them between two plates in the oven, or in gravy. Then glaze the tongue, and pour in the centre and round the slices, tomata sauce, or sorrel, spinach, or mashed turnips. Or, put the slices into a deep dish with layers of grated Parmesan cheese, cover with butter and cheese, and put into an oven to brown.

Beef Palates.

Boil the palates till the skin can easily be pceled off; then cut them in pieces, flour and fry them in butter, and stew them in some of the liquor in which they were boiled; to which add a piece of butter browned with flour, Cayenne pepper, salt, mushroom ketchup, grated lemon-peel, and a glass of sherry. A spoonful of vinegar, or a little lemon-juice, will also be a pleasant addition.

If to be served white, the palates should be boiled in milk, and stewed in white sauce, with the addition of cream, butter, flour, mushrooms, and mace, to flavour.

Fricandeau of Beef.

Lard a piece of lean beef, with bacon seasoned with pepper, cloves, mace, and allspice. Put it into a stewpan, with a pint of broth, or beef gravy, a glass of sherry, a bundle of parsley, and of sweet herbs, a clove of garlic, and a shalot or two. When the meat is tender, cover it closely; skim the sauce, strain it, and boil till it is reduced to a glaze; then glaze the larded side, and serve the fricandeau on sorrel sauce, or tomato sauce, to make which, see *Sauces*.

To collar Beef.

Salt the thin end of the flank daily for a week with salt and saltpetre; then take out all bone, gristle, and inside skin, and cover it with this seasoning, cut finely: a handful of sage, the same of parsley, some thyme, marjoram, and pennyroyal, pepper, and allspice. Roll up the meat in a cloth, tie it very tight, and boil it gently for about eight hours. Then take it up, do not untie it, but put on it a heavy weight to make the collar oval. A piece of the breast of veal, rolled in with the beef, is an improvement.

Beef Olives.

Cut cold under-done beef, in slices half an inch thick, and four inches square: cover them with crumbs of bread, a little fat, finely shred shalot, pepper, and salt. Roll the slices up, and fasten them with a small skewer; then put them into a stewpan, with the gravy of the joint, and a little water, and stew them till tender. Serve with beef gravy.

To hash Beef.

The meat should be underdone and sliced, with some of the fat. Then put into a small stewpan half a pint of broth, a table-spoonful of mushroom ketchup, salt, and pepper, a small onion sliced finely, and the gravy from the joint of beef. Simmer the above about ten minutes; then mix a table-spoonful of flour smoothly in a basin, with a little water, and stir it into the stewpan to thicken the gravy. Put in the meat, but do not boil it, as a few minutes by the side of the fire will dress it. Serve in a deep dish with sippets of bread. Chopped parsley, or a glass of port wine, are fine additions to this hash.

Beef Kidneys.

Slice two kidneys, and put them into a stewpan with about two ounces of butter and a table-spoonful of chopped onions, parsley, and mushrooms, or with six large onions shred; season with pepper and salt, stew for an hour, strain off, and thicken the gravy with flour and butter.

Or, the kidneys may be floured and fried in butter, and then simmered in gravy, with onion, salt, and pepper, a table-spoonful of ketchup being added just before serving.

Tripe.

Choose fresh tripe, cleanse it from the fat, and cut it into pieces; boil it gently in a stewpan with milk and water until it is tender. If the tripe has been purchased of the tripe-dresser, it will require about one hour's boiling; but if entirely undressed, it will require two or three hours. Serve in a tureen or deep dish, with onions boiled soft. Tripe may also be cut into pieces, and fried in batter. Whether fried or boiled, serve with melted butter.

Tripe may likewise be stewed in gravy, to be thickened with butter and flour, and flavoured with mushroom-ketchup. Tripe may also be boiled, cut into collops, sprinkled with chopped onions, parsley, and mushrooms, lightly fried in butter, and served with white mushroom-sauce. Lastly, tripe may be dipped into eggs, covered with chopped onions, parsley, and mushrooms, and fried in lard.

Sauce for Tripe, Cow-heel, &c.

Stir into half a pint of oiled butter, (that is, butter melted and strained,) a table-spoonful of garlic-vinegar, and a tea-spoonful each of made mustard, ground black pepper, and brown sugar.

Potted Beef, Ham, &c.

Rub two pounds of lean beef with salt and saltpetre, and let it lie for two days; then dry the meat, season it with black pepper, and put it into a small pan with half a pound of butter: cover it with paste, and bake slowly for about four hours. When cold, pick out the stringy pieces, cut up the lean, and beat it in a mortar with a quarter of a pound of

fresh butter just warmed, and a little of the gravy, seasoning with pounded mace, allspice, and pepper, to taste : when beaten to a very smooth paste, put the beef closely into small pots, and pour on it clarified butter. If to be kept a long time, tie it over with bladder, and set it in a dry place.

Or, the beef may be baked without being previously salted in which case, salt should be added in beating it.

Or, beat in a mortar with butter, pepper, salt, and nutmeg, beef that has been dressed, either boiled or roasted.

By either of the above methods may also be potted veal, ham, tongue, fowl, or the remains of game or poultry.

Beef Sausages.

Chop very finely three pounds of lean beef, and one pound and a half of suet ; and mix well with them a tea-spoonful of pounded sage, ditto thyme, ditto allspice, and pepper and salt to season. Put the meat into skins, well cleaned and washed.

Beef Force meat.

Cut into small pieces one pound of lean beef, a quarter of a pound of beef suet, and half a pound of fat bacon ; beat them together in a mortar, with half a tea-spoonful of powdered thyme and marjoram, the same of ground allspice, and half the quantity of pounded mace. Season with pepper and salt, and mix with the whole two eggs.

VEAL.

To roast a Fillet of Veal.

The fillet should be washed, and wiped dry ; then take out the bone, and fill the space with stuffing, made as under :—some stuffing should also be put under the flap ; when the fillet may be skewered up. Put it down before a clear and strong fire ; baste with clarified dripping ; when half-roasted, paper up the fat : a fillet of twelve pounds weight will require about three hours' roasting at a moderate distance from the fire, as the meat is very solid. Shortly before serving, remove the paper, sprinkle the meat with salt, dredge it with flour, and baste to froth it. Pour over it thick melted butter, with lemon-juice : and garnish with lemon and parsley.

The stuffing should consist of equal parts of beef suet and

bread crumbs, seasoned with parsley, rather less of marjoram or lemon thyme, and the same of lemon-peel, a little pepper and salt, mixed thoroughly with the yolk and white of an egg or two, according to quantity. A small onion, finely chopped, may be added, if approved.

A Loin of Veal

Will require from two hours and a half to three hours' roasting; it being basted, and the fat covered, like the fillet. Serve a portion of the kidney-fat upon thin toasted bread, seasoned with salt and pepper: gravy as for a fillet.

Knuckle of Veal.

As boiled veal is little liked, the knuckle should be cut small, so as to be eaten at one meal. This may be done by cutting off outlets or collops. Break the shank-bone, wash it, and put it into a stewpan with three onions, a blade or two of mace, some whole pepper, and a spoonful of salt; then cover it with water, and when it boils, take off the scum. Next put into the stewpan a quarter of a pound of washed and picked rice, and simmer the whole two hours; adding, just before it is done, half a pint of milk, or cream. Serve in a deep dish, with the rice round the meat; or the veal in a separate dish, with parsley and butter. Send up with it also, bacon, and parsneps, or greens.

Or the knuckle of veal may be simply boiled, if weighing eight pounds, two hours and a half, and served as a plain joint; in which case, the liquor will be useful for making soup.

Shoulder of Veal.

Having cut off the knuckle, stuff and roast the shoulder, and serve with melted butter poured over it.

Neck of Veal

May be either roasted or boiled: if roasted, it should be larded. A neck of ten pounds will require two hours and a half boiling in milk and water. It may be served as the knuckle, or stewed like that joint. The best end of the neck may be either roasted, broiled in chops, or made into pies.

Breast of Veal,

If young, may be boiled, and served with onion sauce poured

over it. it may likewise be roasted, and served with melted butter over it.

Breast of Veal ragoût.

Cut the breast in two, lengthwise, and divide it into moderately-sized pieces; fry them in butter of a light brown, and put them into a stewpan with veal broth or boiling water to cover the meat, a sprig of marjoram, thyme, and parsley, tied together, a tea-spoonful of allspice, two blades of mace, two onions, the peel of a lemon, and salt and pepper to season; cover the whole closely, and stew from one hour and a half to two hours; then strain the gravy, take off the fat, and cover up the veal. Next put a little butter into a small stewpan, dredge in flour, and gradually add the gravy; boil and skim it; add a glass of white wine, the same of mushroom ketchup, and the juice of half a lemon, or, instead of the two latter, a wine-glass of lemon pickle: boil it up, and serve in a deep dish with the veal.

Stewed Veal and Peas.

Cut into pieces a breast or a neck of veal, and stew it two hours, with two onions, pepper and salt, and broth or water to cover it; then add two quarts of green peas, and a sprig of mint, and stew half an hour longer: thicken, if required, with butter and flour. Dish up the peas, and heap peas in the centre.

Or, the peas may be stewed separately, thus:—put a pint and a half into a stewpan with a quarter of a pound of butter, a few green onions, and sprigs of parsley; cover them with water, and warm; let them stand a few minutes, then pour off the water, add about an ounce of lean ham; when done, work in a small piece of butter kneaded with flour; keep the peas in motion over the fire until done; season with a tea-spoonful of pounded sugar, and pepper and salt.

To collar a Breast of Veal.

Remove the bones, thick skin, and gristle, and season the meat with chopped herbs, mace, salt, and pepper; then lay between the veal slices of ham, variegated with hard yolks of eggs, beet-root, and chopped parsley; roll the whole up tightly in a cloth, and tie it. Simmer for some hours, or till tender, in very little water: when done, lay on it a board with a

weight upon it, till cold. Then take off the cloth and tape, and pour the liquor over the veal.

Collared veal may also be served hot in veal-gravy, or mushroom-sauce, flavoured with lemon-juice.

Curried Veal.

Cut part of a breast into small pieces ; fry them brown in butter, with a chopped onion ; then rub the veal over with currie-powder ; put it into a stewpan, with salt, a little butter, and veal-broth or water to cover it : stew till tender, and just before dishing, add lemon-juice.

Veal Olives, and Collops.

Lay over each other thin slices of veal and fat bacon, and upon them a layer of highly-seasoned forcemeat, with finely-shred shallot ; roll and skewer them up tightly, egg and crumb them, and fry them brown. Serve them with brown gravy, with pickled or fresh mushrooms ; that is, brown mushroom sauce.

Scotch Collops.

Cut the veal into thin collops, the size of a crown-piece, and flatten them ; sprinkle them with chopped onions, parsley, mushroom, pepper and salt, and flour them. Fry them in butter, cut them round, and serve them with brown gravy, in which are forcemeat-balls, and a few mushrooms. Garnish with pieces of fried bacon.

Fricandeau of Veal.

Cut a piece about two inches thick from a fillet of veal ; shape it like the back of a turtle, high and round in the middle, and thin at the edges, and lard the top and sides very thickly with fat bacon ; then put into a stewpan four onions, a carrot, sliced, a bunch of sweet herbs, some allspice, salt, and whole pepper, three blades of mace, three bay-leaves, and a small piece of lean ham ; cover these with slices of fat bacon and place upon them the veal, which also cover with bacon. Next cover the whole with veal-broth, or boiling water, put on the lid, and stew very gently, until the veal is so tender as to be divided with a spoon ; then take it up, and quickly boil the gravy, uncovered, to a glaze, which strain, and brush over

the fricandeau ; to be served upon spinach or endive, sorrel, tomata, or mushroom-sauce, or upon the remainder of the glaze. A moderately-sized fricandeau will require about three hours and a half stewing.

The lean part of a neck of veal, stewed with the meat of two or three bones in water, will make a plain fricandeau. Sweetbreads, larded and prepared as veal, make fine fricandeaux, being served in a rich gravy, with truffles and morels.

Tendons of Veal.

Cut from the red bones of a breast of veal the tendons which lie round the front ; trim them into the form of oysters, and blanch them ; put them upon slices of bacon into a stew-pan, with some parings of veal, a bunch of sweet herbs, a slice or two of lemon, and three or four carrots and onions ; moisten with stock ; let it boil, and then simmer two or three hours over hot cinders. When the point of a knife will enter the tendons easily, drain them, and serve with sauce or vegetables : or, strain the stock the tendons have been cooked in, add a little white wine and a few mushrooms, and thicken.

Minced Veal.

Cut, without chopping, cold veal, very finely : grate over it a little lemon peel and nutmeg, and season with pepper and salt ; cover the veal with broth, water, or milk, and simmer gently ; thicken with flour rubbed in butter, and serve in a deep dish, with sippets of toasted bread. A spoonful or two of cream, and a little lemon pickle, are fine additions.

Minced veal may also be mixed with bread-crumbs and pieces of butter, and browned in scallop-shells before the fire.

Veal Cutlets and Bacon.

Break and beat two eggs in a deep plate, and in another mix bread-crumbs, parsley, thyme, marjoram, pepper, salt, and a little nutmeg ; dip the cutlets in the egg, and then in the above seasoning, and fry them a fine brown in butter : serve in the gravy as for liver, or with mushroom sauce, and garnish with bacon or ham fried, or toasted in the Dutch oven.

Cutlets, and especially neck steaks, may also be sprinkled with herbs, seasoned, and broiled.

Tomata-sauce is excellent with veal cutlets.

Maintenon Cutlets.

Prepare the cutlets with egg and seasoning, as above, fold them in buttered writing-paper, and broil or fry them. Serve in the paper, and with them, in a boat, sauce as above, sauce piquante, or cucumber sauce.

Lamb and mutton cutlets may be dressed as above.

Blanquette of Veal.

Cut thin slices from a neck or loin of veal previously dressed; trim them neatly, and lay them in a stew-pan, with white sauce to cover them; simmer, and finish by working in a small piece of butter, chopped parsley, and lemon-juice; or serve with mushroom sauce.

If white sauce be not made, thicken some white or veal gravy with a little flour and cream.

Haricot Veal.

Cut slices off the breast, or chops off the best end of a small neck of veal; fry them brown, and put them into a stewpan, with broth and a bunch of sweet herbs, to stew; meanwhile, stew tender in broth a few small onions, and a carrot and two, turnips cut in shapes, or a pint of peas, and some sliced cucumbers. When the veal has stewed about two hours, strain off the gravy, thicken it with butter and flour, and season it with pepper, salt, and a lump of sugar; pour the gravy again upon the veal: add the vegetables, and boil up.

Sweetbreads

Should first be blanched, that is, half-boiled, and then put into cold water. If not served as a separate dish, they are a fine addition to ragouts and fricassees of other meat, cut in slices, or small square pieces.

Cover them with egg and crumbs, seasoned with salt, pepper, and chopped parsley: finish them in a Dutch oven, or fry them in butter; and serve with mushroom sauce, or melted butter and mushroom ketchup.

To stew Sweetbreads.

Stuff them with a forcemeat of fowl, bacon, lemon-peel,

parsley, a little Cayenne pepper, thyme, and nutmeg, with the yolks of two eggs. Lay the sweetbreads in a pan, with slices of veal and bacon under and over them, adding herbs, a sliced onion, mace, and pepper and salt. Stew in a quart of broth two hours; then take them out, boil the broth to half a pint, warm the sweetbreads in it, and serve, garnished with lemon.

Larded Sweetbreads.

Lard them over the top, and put them into a stewpan between slices of bacon, an onion, peppercorns, and allspice, three slices of peeled lemon, and gravy; and stew for an hour. Then glaze them, and serve upon stewed peas, or mushroom, or asparagus sauce.

Potted Veal.

Pound some cold veal, and season it with pepper, salt, and a little mace, in powder; then pound or shred the lean of ham or tongue; put layers of veal and ham, or tongue, alternately into a pot, press them down, put on the top liquid butter, and tie over. This may be cut in slices, or served whole.

Or, the ham or tongue may be put in rough lumps, not to touch each other, so as to marble the veal.

Half a Calf's Head, plain.

Clean it carefully, take out the tongue and brains, and soak the latter, as well as the head, in cold water, to whiten them. Boil the half-head, if with the skin on, two hours and a half; if without the skin, one hour less. Strew over it, when done crumbs, and chopped parsley, browned; and serve with bacon and greens. The brains, having also been boiled, should be chopped, mixed with chopped sage and parsley in melted butter, and seasoned with pepper and salt; the tongue, being boiled tender and peeled, may be sliced and served with the brains, or separately.

In dressing a calf's head, be careful that there are no remains of hair on it; take out the eyes, and cut away the fore part of the jaw-bones and nostril-bones. It may also be blanched by just boiling it, and then throwing it into cold water.

To hash Calf's Head.

Put half a head, with the skin off, into a stewpan, with a knuckle of ham, a few onions, a bunch of sweet herbs, and water to cover them. When half-boiled, cut the meat from the bone in one large piece or fillet, and set aside the trimmings and half the liquor; boil the remaining half till it is half consumed, when pour it over the fillet again, into the stewpan, with a few mushrooms and small onions, pepper, pieces of pickled pork, the tongue sliced, and the brains chopped: simmer the whole till fit to serve. Browned force-meat may be added as garnish; or the brains may be chopped and mixed with fine parsley, shred lemon-peel, a little mace, flour, and an egg,—to be made into cakes, and lightly fried, and placed round the dish.

The remains of this dish may be added to the trimmings and liquor set aside, which will be useful in mock-turtle-soup.

Another method is to cut the meat from the head in slices, when half-boiled, and to put them into a stewpan, with a sliced onion, the tongue in slices, some good gravy, a few truffles and morels, some salt and Cayenne pepper; simmer till the meat is tender, and just before serving, sprinkle in finely-cut parsley, very little minced tarragon and marjoram, and the juice of half a lemon. Garnish with the brains, fried in cakes, and thin slices of toasted bacon, rolled.

A gill of white wine will much improve either of the above dishes; but should be added late in the stewing.

Calves' Brains.

These make a nice dish, to be served with half a calf's head. Clean them, take off the skin, and scald them; dry them, and fry them in butter; and serve in white sauce, flavoured with lemon-juice, or in mushroom sauce.

Or, the brains may be scalded, cleaned, and chopped, simmered with a spoonful of mushrooms, onions, parsley, and sage, and some white sauce; then to be seasoned, and dished with fried sippets, and fried parsley.

Calves' Feet and Ears.

Boil them tender, three hours, and serve with parsley and

butter. Or, having boiled a foot, split it, roll it in bread-crumbs, fry it in butter, and serve in brown gravy. Calves' ears may also be dressed as above.

Calves' Feet fricasseed.

Having boiled and split them, as above, simmer them three-quarters of an hour in veal broth, with a blade of mace and lemon-peel; and thicken the sauce with flour and butter.

Or, soak the feet three or four hours, and simmer them in milk and water, until the meat can be taken from the bone in handsome pieces; season them with pepper and salt, dip them in yolk of egg, roll in bread-crumbs, fry them light-brown, and serve in white sauce.

Calf's Kidney.

Chop the kidney, and some of the fat, season it with pepper and salt, and make it, with egg and bread-crumbs, into balls, which fry in lard or butter; drain upon a sieve, and serve with fried parsley. Or, the lean of cold veal may be substituted for the kidney.

Calf's Liver and Lights.

Half-boil them, then mince them, and add a little of the water in which they were boiled, with butter and flour to thicken: season with salt and pepper; simmer, and serve hot.

Calf's heart may be stuffed and roasted as beef heart.

Calf's Liver and Bacon.

Pare and trim the bacon, and fry it; and, in its fat, fry the liver, in thickish slices, floured. Then lay both in a dish, and pour over them gravy made as follows:—empty the pan, and put into it a small piece of butter, a little broth or water, pepper, salt, and lemon-juice; and warm together. Garnish with fried parsley.

In Staffordshire, liver and bacon are served with a dish of leeks, parsley, and spinach, boiled, cut up, and fried together.

Veal Forcemeat.

Mix a pound of scraped veal with half the quantity of fat bacon, in a mortar, adding the crumbs of a stale French roll,

half a tea-spoonful of powdered nutmeg and mace, a table-spoonful of chopped parsley, and pepper and salt. Mix this well together with two well-beaten eggs.

Egg Balls.

Beat in a mortar three hard-boiled yolks of eggs with one raw; sprinkle in a little flour and salt, and make the paste into balls.

Both forcemeat and egg-balls are much used for savoury pies and made-dishes.

MUTTON.

To roast a Haunch of Mutton.

Let it hang as long as it can be kept sweet; when to be dressed, wash it with warm water, and cover it with a paste of flour and water, over which tie white paper; put it down at a considerable distance from the fire, baste it continually, and, about three-quarters of an hour before serving, take off the paste, and bring the haunch nearer the fire to brown. This joint generally weighs about fifteen pounds, and requires about three hours and a half roasting. Serve with a tureen of rich mutton gravy, made of a pound and a half of old loin of mutton, simmered in a pint of water to half, only seasoned with salt, and coloured with burnt sugar. Serve also with currant jelly, warmed or cold. A gill of port wine will be a fine addition to the gravy after it is strained; and is, by some, thought to cause the mutton to resemble venison in flavour.

To roast a Saddle of Mutton.

A saddle, *i. e.* the two loins, being broad, requires a high and strong fire; and, if weighing eleven or twelve pounds, two hours and a half roasting. The skin should be taken off, and loosely skewered on again; or, if this be not done, the fat should be covered with paper, tied on with buttered string. Twenty minutes before the joint is done, take off the skin or paper, baste, flour, and froth it. Serve with gravy and jelly, as haunch of mutton.

A saddle of mutton is an elegant joint, when well trimmed by cutting off the flaps, tail, and chump-end; which will reduce a saddle of eleven pounds to seven pounds' weight.

To boil a Leg of Mutton.

Choose a leg that has not hung long, else it will not be of a good colour, wash it, and put it on in warm water, with a turnip, and a sprig of thyme. If the leg weighs nine or ten pounds, boil it gently three hours, and skim; and serve with mashed turnips, carrots, and caper-sauce.

To roast a Leg of Mutton.

Choose a leg that has hung long, without taint, and put it down to a brisk fire; if weighing ten pounds, it will require two hours and a half roasting, with basting and frothing.

To divide a Leg of Mutton.

Cut off a fillet, as of veal, from a large leg, and roast according to weight. The knuckle may be boiled and eaten with turnips, or made into broth, with rice or barley.

Fillet of Mutton, stewed.

Take the bone out of a fillet of mutton, and salt it for a day; rub it over with spice mixture, as directed for a ham, and let it remain three days; then fill the place of the bone with veal stuffing, and half-roast the fillet; make a gravy with the bone, and a few trimmings, in which stew the fillet gently till done: thicken and strain the gravy, pour it over the mutton, and serve with currant jelly.

A Shoulder of Mutton

Of seven pounds' weight, will require an hour and a half roasting, and should be served with onion sauce, or a sauce made as follows:—Chop four shalots fine, and boil them up with a gill of gravy, a spoonful of vinegar, and pepper and salt: to which may be added a glass of port wine.

Any of the flavoured vinegars, as shalot, chili, tarragon, &c., are fine sauces for roast mutton, generally; as is likewise tomata-sauce.

To broil a Shoulder of Mutton.

A cold roasted shoulder, having but little meat upon the blade-bone, may be seasoned, broiled, and served with melted butter, flavoured with ketchup or other sauce.

To stew a Shoulder of Mutton.

Take the bone out of a shoulder, and fill its place with bread-crumbs, finely-chopped suet, parsley, salt and pepper, bound with the yolk of egg; which sew or skewer in; then brown the mutton in a stewpan, with a little butter: next put in the shoulder-bone, broken, a bunch of parsley, two onions, and pepper and salt, and water to cover all. Stew gently for two hours; then strain the gravy, thicken it, and add a spoonful or two of mushroom ketchup.

A Loin of Mutton

Should be roasted the same length of time as a shoulder.

Stuffed Loin of Mutton.

Remove the skin from a loin of mutton with the flap on, and bone it; fill the places of the bones with veal-force meat, roll it up tightly, skewer the flap, and tie it with twine; put the outside skin over it till nearly roasted, when remove it to brown the mutton. Serve with gravy, as for hare.

A Neck of Mutton

May be made into several dishes. The best end may be boiled, and served with the skin taken off, and caper sauce over it. Or, it may be roasted as a loin; or cut into chops for haricot. Of the serag, broth may be made; or, it may be lightly stewed, with a little water, a few onions, pepper-corns, and some rice; with all which it may be served. In either case, the bones of the neck should be cut short; and, with any spare fat, may be made good suet or other puddings.

A Breast of Mutton

Is commonly roasted with the neck; or, it may be roasted separately an hour and a quarter, and served with cucumber sauce. Or, the breast may be parboiled, covered with crumbs, chopped parsley, and seasoning, finished in the Dutch oven, and served with caper sauce.

To collar a Breast of Mutton.

Take out the bone and gristle; then make a forcemeat with bread-crumbs, parsley, and sweet herbs, chopped fine, and seasoned with salt and pepper; rub the mutton with yolk

of egg, and spread the forcemeat over it, roll it up and tie it tight; and boil two hours. If to be eaten hot, make a gravy of the bones, two onions, herbs and seasoning, strain, thicken it with butter and flour, and add vinegar and mushroom ketchup to flavour; and pour over the mutton. If to be eaten cold, do not remove the tape until the mutton is wanted.

To hash Mutton.

This may be done by the same method as beef is hashed. (See page 124.) Or, having cut the mutton (if under-done the better,) into slices, put the bones and trimmings of the joint into a stewpan, and cover them with water, adding some whole pepper and allspice, a small bundle of parsley, and a sprig of thyme or marjoram; cover up, and simmer about three-quarters of an hour; during which fry an onion brown, with some butter and flour, and add it to the gravy in the stewpan; simmer half an hour longer, strain it, and then pour it again into the stewpan; lay in the mutton, season with pepper and salt, and a table-spoonful of mushroom or walnut ketchup, Harvey or Coventry sauce, or shalot or tarragon vinegar; then simmer long enough to warm the meat through, but not longer, else it will be hard. Serve in a deep dish, with sippets of bread or toast. A little currie-powder is a fine addition to any hash.

To dress Mutton-Ham.

If the ham has been but lately cured, soak it one hour, and if it has been cured longer, soak it accordingly. Put it on in cold water, and boil gently two hours. It may be eaten cold, at breakfast, luncheon, or supper.

Mutton Chops

Should be cut from the loin, and have much of the fat neatly trimmed off. Broil them on a clear slow fire, and turn them often with tongs. When done, rub each with butter; season it; and if sauce, as mushroom ketchup, be added, warm it before it is poured over the chops.

A mutton-chop pudding, with oysters, but without mushrooms, is excellent.

Mutton Chops, with Shalots.

Peel and mince a shalot, and warm it in a little good gravy, which pour over the chops, when broiled. Minced tarragon in gravy is also a fine accompaniment to a chop.

Mutton Cutlets.

For cutlets, saw off the chine-bone from a neck of mutton, about half an inch from the joint ; and saw off the ends of the rib-bones, so as to leave a handsome square neck, which divide into cutlets, one bone to each, and flatten with the cleaver.

To dress them, dip each into well-beaten egg, and then in bread-crumbs, seasoned with salt and pepper, mixed with chopped onion and parsley. Then fry the cutlets in butter, and serve with cucumber or sharp sauce, under and over them.

Or, mutton cutlets may be larded, braized, and glazed, and served with either of the above sauces.

Mutton Cutlets à-la-Maintenon, with Herbs.

Fry them lightly, with a little butter, sprinkle them with parsley and shalot, chopped fine, and cover them with buttered paper ; then finish them in the pan, drain the butter from them, and serve them in the paper, with sauce in a boat ; or, if it be poured over them, first remove the paper, and simmer the cutlets in the sauce.

Lamb cutlets may be dressed by either of the above methods.

Mutton Cutlets and French Beans.

Boil the beans as usual, drain them, simmer them with a piece of butter, and season with pepper and salt. In the meantime, cover the cutlets with egg and bread-crumbs, and fry them carefully, or plainly broil them ; then add the yolk of an egg, beaten, to the beans, shake the pan but do not boil them ; dish them, and serve the cutlets on them,

Haricot Mutton.

Cut the middle or best end of a neck of mutton into thin chops, and take off some of the fat ; flour and fry them over a sharp fire to brown, but not enough for eating. Meanwhile,

parboil a carrot, and from one to two dozen button onions; slice the carrot, and cut one or two turnips into dice. Then lay the chops in a stewpan, with the vegetables over them, and cover with boiling water; stew very gently till the meat is tender, taking off the fat as it rises. Next, strain the gravy, colour it with a little burnt sugar, and thicken it with butter and flour; boil it up, and add the chops and vegetables; season with pepper and salt, and a spoonful of mushroom ketchup. Serve the chops laid round the dish, the vegetables in the centre, and the gravy over the whole.

Irish Stew.

Take two pounds of neck or loin chops; peel and slice two pounds of potatoes, and half a pound of large onions: first put into a stewpan a layer of potatoes, then chops and onions, and so on, till full, sprinkling pepper and salt upon each layer; then pour in cold water, or broth, cover the pan, and stew over a very slow fire for an hour and a half, or until the meat be done. Before serving, add two table-spoonsful of mushroom ketchup.

Hotch-Potch.

Stew peas, onions, and carrots, in a very little water, with a beef or ham bone. In the meantime, fry mutton or lamb chops, lean, of a nice brown; then stew them with the vegetables for about half an hour. Serve all together in a tureen.

Hotch-Potch may also be made with any two sorts of meat, stewed with vegetables, as above; to which may be added rice, and thickening of butter and flour.

Sheep's Tongues.

Boil them till the skin can be taken off; split them, and put them into a stewpan, with some gravy, parsley, mushrooms, and a minced shalot, and some butter, pepper, and salt; stew till tender, and strain the gravy over them: or they may be glazed, and served with the gravy under them.

Sheep's tongues may also be skinned, larded, braized, and glazed; and served upon onion sauce.

Broiled Kidneys.

Skin, and split, but do not separate, the kidneys, and run a skewer through them; broil the inside first, then turn

them, and when done take out the skewer, and put in each chopped parsley, mixed in fresh butter, and well seasoned with Cayenne and other pepper, and salt: squeeze lemon-juice over them, and serve as hot as possible.

LAMB.

To roast Joints of Lamb.

The fore-quarter of lamb consists of the shoulder, the neck, and the breast, together; the hind-quarter is the leg and loin.

The fore-quarter is the prime joint, and, if weighing ten pounds, will require about two hours roasting. In serving, remove the shoulder from the ribs, put between them a lump of butter, sprinkle with pepper and salt, lemon or Seville orange-juice; and when the butter is melted, take off the shoulder, and put it into another dish. A hind-quarter, of eight pounds, will require from one hour and three-quarters to two hours roasting.

A leg of lamb, of six pounds, will require an hour and a half roasting.

A shoulder of lamb, an hour.

Ribs, from an hour to an hour and a quarter.

Loin, of four pounds, an hour.

Neck, of three pounds, three quarters of an hour.

Breast, three-quarters of an hour.

The gravy for lamb is made as for beef and mutton: it is served with mint sauce; and a joint, to be eaten cold, should be sprinkled with chopped parsley when taken up.

Lamb's Fry.

Flour, and season it, and fry plain; or, dip the fry in egg, and strew crumbs over it before frying: serve fried parsley with it, and either of the sauces directed for cutlets. Pork and venison fries are similarly dressed.

Lamb's Head.

Soak it in cold water, and boil it till tender. In the meantime, half-boil the liver and lights, cut them small, and stew them in some of the water in which they were boiled: season, and thicken, and serve round the head. Or, the head may be half-boiled, covered with egg, crumbs, and parsley, and

finished in a Dutch oven; and the brains taken out, made into cakes, and fried, with the liver sliced.

Lambs' Feet.

Clean, wash, and blanch them; then stew them tender in white gravy, with an onion, some parsley, thyme, whole white pepper, and a few mushrooms. Strain and thicken the gravy, and add the juice of half a lemon: then serve with sippets, and the sauce over.

Lambs' Sweetbreads.

Prepare as veal sweetbreads; stew them half an hour with a little broth, a few small onions, with a blade of mace, pepper and salt, and a little butter and flour. Then add the yolks of two eggs, beaten in cream, and some chopped parsley; heat, but do not boil, the whole, well stirring it, to prevent curdling. Young French beans, boiled and chopped, or young peas, or asparagus-tops, are fine additions.

Lambs' sweetbreads may also be dressed by either of the methods directed for veal sweetbreads.

To boil a Leg of Lamb.

Soak it one hour in cold water, then put it on in boiling water, with a little chopped suet, two slices of lemon, and a slice of bread. If it weigh five pounds, simmer it very gently for an hour and a half, skimming it carefully: garnish with parsley, and serve with spinach or French beans.

Lamb Chops, or Cutlets.

Rub them with yolk of egg, and dip them in bread-crumbs, and chopped parsley, seasoned with pepper and salt; fry them in clarified dripping; thicken some mutton-gravy, flavour it with lemon pickle, and serve in the dish with the chops, or separately: garnish with fried parsley. Or, for sauce, mix a little lemon pickle in some thin melted butter. Or, tomato sauce is a fine accompaniment for lamb cutlets.

Lamb cutlets may also be fried, either with or without crumbs, in buttered paper. They may likewise be dressed as mutton cutlets generally: they should, however, not be broiled; nor served in haricot.

To stew a Breast of Lamb.

Cut it into pieces, season them with pepper and salt, and stew them in weak gravy: when tender, thicken the sauce, and add a glass of white wine. Cucumbers, sliced and stewed in gravy, may be served with the lamb, the same being poured over it. Or, the lamb may be served in a dish of stewed mushrooms.

Cucumber sauce is also fine with lamb cutlets.

To grill a Shoulder of Lamb.

Half-boil it, score it, and cover it with egg, crumbs, and parsley, seasoned as for cutlets; then broil it over a very clear slow fire, or put it into a Dutch oven, so as to brown it: serve with either of the sauces directed for cutlets. A breast of lamb is often grilled and served as above.

PORK

REQUIRES as much cooking as veal, and more than beef or mutton. Indeed, it is not eatable, if not well done, or if its gravy have the least tint of redness.

Bacon-hogs, porkers, and sucking-pigs, are alike pork, but of different ages. Porkers are not so old as hogs, and are differently cut up. A porker is divided into quarters: the fore-quarter consists of the spring, or fore-leg or hand, the fore-loin or neck, and the belly-piece; the hind-quarter, of the leg, or loin.

The modes of pickling and curing pork have been already given: the following are the principal methods of dressing it.

To roast a Leg of Pork.

Cut a slit near the knuckle, and fill the space with sage and onion, chopped fine, and seasoned with pepper and salt, with or without bread-crumbs. Rub sweet oil on the skin, to prevent it blistering and make the crackling crisp; and the outer rind may be scored with lines, about half an inch apart. If the leg weigh seven or eight pounds, it will require from two and a half to three hours' roasting before a strong fire. Serve with apple sauce and potatoes; which are likewise eaten with all joints of roasted pork.

If the stuffing be liked mild, scald the onions before chopping them.

Some persons serve roasted pork with a good beef gravy; but this is neither economical, nor to be recommended.

To boil a Leg of Pork.

Having taken it out of salt, weigh it; then soak it half an hour in cold water, to whiten. Boil very slowly, if it weigh eight pounds, for about three hours, and allow twenty minutes for every pound extra; and, having taken it up, save some of the liquor for peas' soup. Serve with peas'-pudding, greens, or turnip-tops.

A hand of pork is mostly salted and boiled as above.

About two or three pounds of pickled pork will require slow boiling for an hour and a half.

To roast a Spare-rib of Pork.

A spare-rib of eight or nine pounds' weight will require from two to three hours' roasting; though the time depends more upon the thickness than the weight: if it be very thin, it will be done in half the above time. On putting it down, baste it with a little butter; and, about twenty minutes before it is done, dry a few sage-leaves, rub them to powder, mix salt and pepper with them, and sprinkle over the pork.

The *griskin* may be roasted as above: if of seven or eight pounds' weight, it will require an hour and a half.

To roast a Loin of Pork.

A loin, of seven pounds' weight, will take two hours, or two hours and a half, if very fat. Score the skin, and rub it with salad-oil.

Or, to prevent its being hard, put it on in cold water, and boil up; then season it with pepper and salt, rub on a little butter, sprinkle with flour, and finish in a Dutch oven before the fire.

A Chine of Pork

Is mostly salted and boiled. If to be roasted, stuff it with sage, thyme, and bread-crumbs, seasoned with pepper and salt: it will require about three hours' roasting, if whole; if parted, only two hours.

Rolled Neck of Pork.

Take out the bones, and spread over the meat chopped sage and bread-crumbs, seasoned with salt and pepper; then roll the pork, tie it up tightly, and roast it slowly

A hand of pork may likewise be boned, stuffed, rolled, and roasted, as above.

To roast a Porker's Head.

Clean it, and take out the eyes and snout; stuff it with sage and bread-crumbs, seasoned, sew it up firmly, and roast with a hanging jack. Serve as a pig.

Pig's-head may be stuffed as above, or with onions, and baked.

To roast a Sucking Pig.

Immediately the pig is killed, plunge it into cold water, for a minute or two; rub it with finely-powdered resin, and dip it into scalding water half a minute; then rub off the hair as quickly as possible; if it should not come cleanly off, rub it again with resin, and scald it; next, wash off all the resin, first in warm and then in cold water. Cut off the feet at the first joint, leaving the skin long round the ends of the legs: take out the entrails, and put aside the heart, liver, and lights, with the pettitoes. Then wash the pig in cold water, dry it, and cover it with a cloth to keep it from the air.

Choose a pig three weeks old, and, if possible, dress it the day it is killed. Having scalded it, as above, and skewered the legs back, make a stuffing of bread grated, minced sage and onion, and a bit of butter, seasoned with pepper and salt; with which fill the belly, and sew it up; then rub the pig with butter, or salad-oil, and put it down to roast at some distance from a clear brisk fire, for about an hour and a half, being careful not to leave it for a minute. When the pig is done, cut off the head, take out the brains, chop them finely, with boiled sage-leaves, and mix with them a little gravy, or fine melted butter, or with bread sauce. Next cut the pig, still before the fire, down the back and belly, and lay it back to back in the dish, with half of the head on each side, and one ear at each end. Serve with a tureen of good beef gravy, and the brains in another tureen.

As a pig is troublesome to roast, it is often prepared as

above and baked, in which case send a quarter of a pound of butter, that the baker may baste it.

Pork Chops.

Cut them from a loin, of middling fatness; broil them over a clear, slow fire, and turn them often with tongs: when done, pepper and salt them, and serve immediately.

Excellent Sauce for Pork Chops.

Into half a pint of good gravy, put a table-spoonful of finely-chopped marjoram, thyme, parsley, and shalot, mixed; add a little butter, the juice of half a lemon, season with salt and Cayenne pepper, simmer together, and strain.

Pork Cutlets, and Tomata Sauce.

Cut the bone out of pork chops, and trim off part of the fat, fry them delicately, and drain them; then simmer them a few minutes in a stewpan with tomata sauce, made as follows:— chop a shalot very fine; put it into a small stewpan, with a little vinegar, simmer, and add some store tomata sauce, with brown gravy, to taste: dish the chops with the sauce in the middle, and round them. Or, the cutlets may be fried with bread-crumbs, and served upon tomata sauce.

Blade-bone of Pork.

Broil it, and, when done, pepper and salt it; rub over it a piece of butter, and serve very hot.

Pig's Cheek.

Divide the head, clean it, and take away the snout, eyes, and brains. Salt it with common salt and saltpetre for eight or ten days, when it will be fit to boil for two hours. Or, the cheek may be salted only three or four days, and then washed, and simmered with peas till tender.

To souse Pig's Feet and Ears.

Clean, and soak them, and boil them tender; then take them out, mix some of the liquor with salt and vinegar, and pour it over the feet and ears. When to be dressed, split the feet, and slice the ears; dry, flour, and fry them. Serve them with melted butter, thinned with mustard and vinegar.

To dress Pig's Feet and Ears.

Boil them, fresh or salted, three hours, or till tender, when take out the large bones; glaze them, and cover them with fried bread-crumbs, and serve upon tomata sauce; or the sauce in the last recipe.

To stew Pig's Feet.

Clean and split them, and boil them tender; then put them into a stewpan, with a little gravy or water, a shred onion, sage-leaves, salt, some whole black pepper, and allspice: stew for half an hour; then strain the gravy, thicken it with butter and flour, add a table-spoonful of lemon pickle, or vinegar, and serve with the feet.

Pettitoes.

Put them on to boil in a little water, with the liver and heart; when they have boiled ten minutes, take out the two latter, mince them finely, put them in with the feet, and stew till tender; then thicken the gravy with butter and flour, season with salt and pepper, and serve with sippets, the feet being lain round the minced liver and heart. A spoonful of cream is a fine addition.

Or, the pettitoes may be boiled, dipped in batter, and fried a light brown.

Or, having boiled and minced the heart and liver, they may be put, with the feet, into a stewpan, with gravy, to be thickened and seasoned.

Pig's Harslet.

Clean the liver and sweetbreads, and put to them fat and lean bits of pork, with which mix pepper, salt, sage, and onions, shred fine: put all into a caul, tie up, and roast on a hanging jack; or put into a dish, and bake.

Or, slice the liver and sweetbreads, and fry them with pieces of bacon; garnish with fried parsley.

To boil Bacon.

Bacon should be first soaked an hour or two in warm water, the rusty parts trimmed off, and the rind scraped. It should then be put on in cold water, and boiled gently, allowing three quarters of an hour for each pound; but the hock, or

gammon, being thicker, will require more time. When taken up, remove the rind, scrape the under side, and cover the whole with fine bread-raspings.

To dress a Ham.

A newly-cured ham will require twelve hours' soaking, and if long hung and very dry, twenty-four hours: if a green ham, it will scarcely require soaking. In either case, wash and clean the ham, and pare off any rusty part. Put it on in a saucepan in lukewarm water, the larger the saucepan the better, and let it simmer four or five hours, a ham of sixteen pounds requiring the latter time. Then take off the skin, whole, and sift over the ham bread-raspings. The skin may be lain over the ham, when cold, to keep it moist. If a few cloves, or sweet herbs, be boiled with a ham, they will much improve it. A ham, whether large or small, is best boiled in a copper.

To bake a Ham.

Soak a ham, not too old, for an hour; then take it out, and wipe it; cover it with a crust, and bake it in a moderately-heated oven, according to size; it will then cut fuller of gravy, and have a finer flavour, than a boiled ham.

To boil a Ham savoury.

Set it on in cold water, with two pounds of veal; after boiling a quarter of an hour, add two heads of celery, two turnips, about one dozen small onions, two shalots, and a bunch of thyme, sweet marjoram, and Winter savoury; boil till the ham is tender, when the salt will be in part extracted, and the meat highly flavoured. The liquor will make excellent soup, unless it be too salt, when it may be lowered with water.

To braize a Ham.

Soak a ham, cut off the knuckle, and pare off the under part and yellow lard; put it into a deep stewpan, with water enough to cover it, a slice of beef, cut in pieces, two carrots, a few onions, a small bunch of sweet herbs, and a spoonful of allspice, and simmer from four to six hours, according to the size; then take out the ham, remove the skin, glaze, and serve upon spinach, or other vegetables. The braize, or liquor, will

be a rich brown sauce, or flavouring for soups. Wine is added to the braize in large establishments.

Ham and Eggs.

Broil thin slices of ham ; fry eggs in butter, and serve one upon each slice of ham. Or, the eggs may be poached.

Slices of Bacon or Ham

May be fried, broiled, or toasted on a fork : they should be of the same thickness throughout. The handsomest mode of dressing bacon is to cut it in slices two inches long, roll them up, and put a small skewer through each ; then put them into a Dutch oven, or cheese-toaster, before the fire, and turn the rolls as they are done.

Slices of boiled bacon, if covered with bread-raspings, and browned in a cheese-toaster, are excellent with poached or fried eggs, veal cutlets, calf's head, hashed, or jugged hare.

Ham Relish.

Cut a slice of dressed ham, season it highly with Cayenne-pepper, and broil it brown ; then spread mustard over it, squeeze on it a little lemon juice, and serve quickly.

Pork Sausages.

Chop finely a pound of the inward fat of the pig, and half the quantity of lean pork ; also a few sage-leaves, and a little lemon-thyme, and grate three table-spoonsful of bread : mix these well together, and season with salt and black pepper, grated nutmeg, and pounded mace and cloves. Put the meat into skins, or pack in a jar, and tie it over ; to be fried in rolls or cakes, when wanted.

Or, chop finely six pounds of pork, as above, with which mix a spoonful of ground allspice, a spoonful of pounded sage and thyme, mixed, half an ounce of pepper, and one ounce of salt. With this mixture fill the skins, and hang them in a dry place. The skins should be previously twined on a stick, well scraped and washed, and kept in salt and water two hours before filling.

In making all kinds of sausages, it is very important to keep out pieces of skin, sinews, and bone.

Oxford Sausages.

Chop a pound and a half of lean pork very finely, and mix with it half the quantity of minced beef-suet; add two or three table-spoonsful of bread-crumbs, the yolks of two eggs, beaten, and season with dried sage, black pepper, and salt; beat the whole well together in a marble mortar, put it into a jar, and tie over. For use, make it into rolls, dust them with flour, and fry in lard, or fresh beef-dripping.

To fry Sausages.

Put lard, or dripping, into a clean frying-pan, and, as soon as it is melted, put in the sausages, fry them gradually over a moderate fire, shaking the pan and turning them frequently. When done, put them before the fire on a sieve, to drain off the fat, and serve hot.

Black Puddings.

Stir a spoonful of salt into three quarts of warm hog's-blood until it is cold, and then strain it through a sieve: next, stir into it gradually three pounds of the inside fat of the pig, cut into small pieces, and a quart of whole or Embden grits, boiled soft in a cloth; add a pint of bread-crumbs, and an ounce each of ground allspice, pepper, and salt, three table-spoonsful of pounded, or minced, sage, one ditto of thyme, and the same of finely-cut leeks, if liked. When thoroughly mixed, having previously prepared the skins, fill them with the pudding, prick them, and boil them gently for half an hour, taking care that they do not break: when done, cover them with clean wheat straw, and hang them up, when cold. For use, scald them, wipe them, and put them into a Dutch oven, or broil them.

Half a pint of cream is a fine addition to the above pudding. Sometimes boiled rice is used instead of grits; eggs and beef-suet are added, as are also cloves, mace, marjoram, and other herbs.

Hogs' puddings are also made without blood. A plainer mode is to half-boil the lights, kidneys, heart, and liver, to chop them small, and mix with some of the fat, cut as before directed, and mixed with the boiled grits pepper, salt, and allspice. Currants and sugar are sometimes added.

POULTRY AND GAME.

TRUSSING.

Fowls.—Remove immediately the crops of fowls and pigeons, but do not draw and truss them till wanted for dressing, else they are apt to dry.

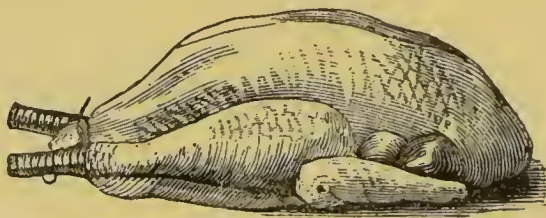
Having pickled poultry, remove the erop and windpipe of all birds, by opening the skin in front of the throat, and pulling each separately; first, from the beak or bill, and then from the stomach. For drawing poultry, make a slit with a sharp knife, at which slip in the fingers; get fast hold of the gizzard, and draw it carefully forward, with the intestines: but, if the liver remains, again slip in the finger, and take out the heart, which will bring the liver with it. Be careful not to break the gall-bladder, else it will cause a bitterness, which no washing can remove.

Having thus cleared the inside of a fowl, select such of the internal parts as are to be used. Remove the gall-bladder from the liver, slit the narrow side of the gizzard, and, turning it inside out, remove the hard bag, and trim round the gizzard; but do not cut the skin by which it is joined in the middle. The throat should be cut off about two joints from its commencement, leaving skin enough to turn over the back. Make a slit in the apron or skin of the belly, and tuck the rump through it.

Fowls for roasting are trussed as follows:—Extend the legs on each side of the bird; only cut off the toes, and run a skewer through each foot, to keep them at a proper distance: in some cases, the feet should be scalded, and the outside scaly skin taken off. Make a small slit in the skinny part of each pinion; through one thrust the liver, and through the other the gizzard; turn the top of the pinion over the back, and run a skewer through the first joint of one wing, through the body, to the other wing. For *boiling*, the under part of the thigh must be cut off, and the stump tucked into a slit made on each side of the belly.

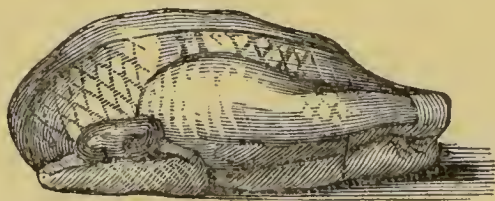
Before dressing, singe off the hairs of the fowl with a piece of *white* paper, and dredge it lightly with flour. The head of a capon is sometimes twisted under the wing.

Turkeys are trussed mostly as fowls, the sinews of the legs being previously drawn out, and the breast-bone carefully



(Turkey for roasting.)

broken, to make it plump. For roasting, the gizzard should be scored, and both gizzard and liver covered with the caul of veal or lamb, or buttered paper; as also the breast. The feet are chopped off; but the head is sometimes left on, being



(Turkey for boiling.)

nicely cleaned, and twisted under the wing. For boiling, choose a hen-turkey; but the cock is a finer bird for roasting.

Turkey-poults should be trussed with their legs twisted under, like a duck, and the head under the wing, like a pheasant.

Geese.—Cut off the pinions at the first joint, and the feet also; make a slit in the back of the neck, and take out the throat; cut off the neck, and turn over the skin; make a slit between the vent and the rump, through which draw out the entrails, and wipe the inside clean. Draw the legs up closely to the side; then put a skewer into the wing, through the middle of the leg, body, and the leg and wing on the other side; put another skewer through the small of the leg, keeping it close to the side-bones, passing it through to the other side. Cut through the end of the vent, through which put the rump, to keep in the stuffing. Tie the skin round the

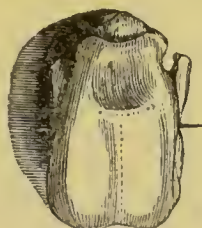
throat. The gizzard, liver, heart, pinions, and feet, are not dressed with the goose, but make excellent gravy or giblet stew.

Ducks are trussed as geese, except that the claws only are cut off; and the feet, being skinned, are turned, and spread



(Back.)

DUCK.



(Breast.)

over the back. Only one skewer is, however, used, that being passed through the middle joint of the wing. The giblets may be dressed as those of geese.

Wild-fowl are cleaned and trussed as ducks, having their webbed feet left on.

Pheasants, partridges, and guinea-fowls, have the head tucked under the wing, and the feet on: those of the pheasant are placed straight, as in the roasted fowl; but the legs of the partridge are sometimes crossed over the body.

Woodcocks, snipes, green plovers, and *ortolans*, are not to be drawn. The feet are left on, and the legs raised over the bird, so that each foot is twisted to fall on the side of the rump; whilst the head is skewered, through the eye, to the side, the wings being twisted under.

Pigeons are drawn in the same manner as fowls, except that the livers should be left in: skewer them as fowls, but with the feet in contrary directions from each side of the rump, having cut off the toes. For stewing, cut off the feet, and truss the pigeons as fowls for boiling. For broiling, split them down the back, and lay them open flat.



(Snipe.)



(Pigeon.)

All poultry should be carefully washed, especially pigeons: they should be dressed while very fresh; as should also ducks; but pigeons should not be killed till wanted for dressing.

Hares.—As soon as a hare is received, the liver, &c., should be taken out; the inside should be nicely wiped and peppered, and the hare hung by the hind legs. When wanted for dressing, cut off the fore-legs at the first joint; raise the skin of the back, and draw it over the hind-legs; leave the tail whole; then draw the skin over the back, and slip out the fore-legs; cut it from the neck and head; skin the ears, and leave them on. Clean the vent, cut the sinews under the hind-legs, bring them forward; run a skewer through one hind-leg, the body, and the other hind-leg; do the same with the fore-legs: lay the head somewhat back, put a skewer in at the mouth, through the back of the head, between the shoulders, and skewer each ear so as to make it stand upright: the tail may likewise be bent in a ring, and fastened back. To keep the body in shape, brace it with a string laid across the back, twisted round the end of both skewers, and brought again across the back, and tied.

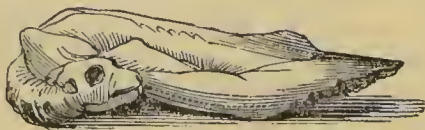
A young fawn, or kid, may be trussed and dressed as a hare; but it will not keep more than one or two days.

Rabbits, for roasting, are trussed as hares, except that the



(Rabbit for roasting.)

ears and tail are cut off, the hind-legs are skewered higher, the end being raised to the first joint of the fore-legs, and a second



(Rabbit for boiling.)

skewer passed through. If two rabbits are to be roasted together, skewer each head against the shoulder, outwards, with

four or five skewers through the bodies, to fasten them to the spit. For boiling, open the rabbit along the belly; turn the legs, to meet the shoulders, along the sides; and skewer the head to the right shoulder. For *frying*, a rabbit is cut into joints.

All game is improved by keeping. Birds should be hung by the neck, not by the feet, as is commonly done. If hares are to be kept any length of time, the paunch and liver must be removed, and the inside washed with vinegar, and wiped dry. They should be dressed when blood drops from the nose. If a hare has been kept too long, skin it, wash it, wipe it dry, and hang it up, the day before it is cooked.

Game, when "very far gone," may often be recovered, and made fit for eating, by carefully cleaning it, and washing with vinegar and water. If you fear birds will not keep, draw, crop, and pick them; wash them, and rub them with salt; dip them five or six minutes in boiling water, and hang them up in a cold place, when drained; pepper and salt the inside: before roasting, wash them thoroughly. Birds that live by suction, as woodcocks and snipes, cannot be thus treated, as they are never drawn.

Wild-fowl often have a strong fishy taste, which may be removed by basting them for ten minutes with hot water, in which are salt and onions.

Game, or wild-fowl, for two or three, is never better than broiled.

[For other kinds of poultry and game, see CARVING, page 14 to page 25.]

TO DRESS POULTRY AND GAME.

To boil a Turkey.

Make a stuffing, as for veal; or of beef-suet, bread, herbs, shred lemon peel, a little butter, salt, and pepper, mixed with egg; put this under the breast, and tie it closely. Set on the turkey in boiling water, enough to cover it; boil very slowly, and take off the scum as it rises. A large turkey will require more than two hours' boiling; a small one, an hour and a half. Garnish with fried forcemeat, and serve with oyster or celery sauce; for which, see SAUCES.

If a quarter of a pound of chopped suet, three slices of peeled lemon, and a piece of bread, be put into the saucepan with the turkey, its colour and flavour will be improved materially.

To roast a Turkey.

Prepare a stuffing of pork sausage-meat, one beaten egg, and a few crumbs of bread; or, if sausages are to be served with the turkey, stuffing as for fillet of veal: in either, a little shred shallot is an improvement. Stuff the bird under the breast; dredge it with flour, and put it down to a clear brisk fire; at a moderate distance the first half-hour, but afterwards nearer. Baste with butter; and when the turkey is plumped up, and the steam draws towards the fire, it will be nearly done; then dredge it lightly with flour, and baste it with a little more butter, first melted in the basting-ladle. Serve with gravy in the dish, and bread sauce in a tureen. It may be garnished with sausages, or with fried forcemeat, if veal-stuffing be used. Sometimes the gizzard and liver are dipped into the yolk of an egg, sprinkled with salt and Cayenne, and then put under the pinions, before the bird is put to the fire. Chestnuts, stewed in gravy, are likewise eaten with turkey.

A very large turkey will require three hours' roasting; one of eight or ten pounds, two hours; and a small one, an hour and a half.

Roasted chestnuts, grated or sliced, and green truffles, sliced, are excellent additions to the stuffing for turkeys.

To "devil" Turkey.

Mix a little salt, black pepper, and Cayenne, and sprinkle the mixture over the gizzard, rump, and drumstick, of a dressed turkey; broil them, and serve very hot with this sauce: mix with some of the gravy out of the dish, a little made mustard, some butter and flour, a spoonful of lemon juice, and the same of soy: boil up the whole.

To boil Fowls, or Capons.

Choose those with white legs, fowls with black legs being best for roasting. Put them on in boiling water, with about two ounces of chopped mutton-suet, two slices of lemon, peeled

and a small piece of bread. A capon will require boiling about an hour; a fowl, forty minutes; and a chicken, twenty minutes. Serve with parsley and butter, or liver sauce; or with either of the sauces directed for boiled turkey.

Ham, tongue, bacon, or pickled pork, are the usual accompaniments for roasted or boiled turkeys and fowls: vegetables, —greens, or young cabbages.

Fowls were formerly boiled in a bladder, with oysters; but this practice has long been discontinued.

To stew a Fowl with Rice.

Proceed as directed for stewing a knuckle of veal, at page 127.

To roast Fowls, or Capons.

Fowls, capons, and chickens, are roasted and served as turkeys, with the addition of egg sauce; but they require proportionally less time at the fire, and are seldom stuffed. A full-grown fowl will require about three-quarters of an hour; a capon, an hour and a quarter; and a chicken, from thirty to forty minutes. A large fowl may be stuffed as a turkey.

To broil a Fowl.

Truss the fowl, as for boiling; split it down the back, flatten it with a chopper, rub butter over it, and broil gently over a clear fire; when nearly done, season with pepper and salt, and serve on mushroom sauce. Or, a fowl may be half-roasted, and finished on the gridiron, when it will be less dry than if wholly broiled.

To fry cold Chicken.

Cut up the chicken, and take off the skin, rub it with egg, cover it with seasoned bread-crumbs and chopped parsley, and fry in butter: serve with brown gravy, thickened with flour and butter, and seasoned with Cayenne, mushroom ketchup, and lemon pickle. Or, the chicken may be seasoned, and fried in plain butter.

To braize Chickens.

Blanch them, and, if preferred, bone, and fill them with forcemeat; then cover them with thin slices of fat bacon, and

lay them in a stewpan upon the bones, or any other poultry-trimmings, with broth or hot water enough to keep the chicken stewing; having added a few small onions, two or three blades of mace, a little whole pepper and allspice, and thin slices of peeled lemon, cover closely, and stew very slowly for about two hours; if on a stove, the better. Then take out the chickens, skim the fat off the braize, strain it, and boil it to a glaze, which brush over the chickens, having previously coloured them by putting them for a few minutes into an oven. Serve upon mushroom sauce.

Six or eight boiled truffles, finely chopped, will much improve the foremeat for stuffing the fowls.

Fricassee of Chickens, white.

Cut two fat chickens, each into ten pieces, take out the spongy substance, and blanch the pieces by putting them into boiling, and then into cold water; trim them, and put them into a stewpan, with some butter, while you prepare the gravy, as follows:—Put the trimmings, the necks, and legs, with some parsley, green onions, a clove, a few blades of mace, a small shallot, and a bay-leaf, into the water in which the chicken was blanched, and stew for about an hour. Meanwhile, flour the chickens, and fry them lightly; then cover them with the above gravy, and simmer three-quarters of an hour, when the pieces of chicken should be taken out, and kept warm in a water-bath. Reduce the sauce, skim off the butter, and thicken it with the yolks of three eggs and some cream: warm it up, strain over the chickens, and serve immediately.

Fricassee of Chickens, brown.

Cut up the chickens, and fry them; then stew them with about a pint of gravy, two onions, two blades of mace, and a few chopped mushrooms. Take out the mace and onions, thicken and season the sauce, and add the juice of half a lemon.

Artichokes are sometimes used instead of mushrooms, when the bottoms of the artichokes should be boiled, cut into pieces, and thrown into the sauce, before it is strained; but keep one bottom whole, place it on the top, and fill it with a little sauce.

If a few cray-fish be added to the fricassee, (as in France,) one of them should be placed on the top, in dishing.

Curried Chickens.

Cut up the chickens, as for a fricassee; put them into a stewpan, with four ounces of butter, three or four sliced shalots, or onions, a small bunch of sweet herbs, two or three cloves, a blade or two of mace, two ounces of lean ham, a few mushroom trimmings, and a sliced apple. Set the pan on the fire a few minutes, add a table-spoonful of currie-powder, the same of flour, and a little veal broth; when it boils, remove, and simmer till done. Skim it, take out the chickens, and trim them; rub the sauce through a tammy, and add it to the chickens, and keep hot in the bain marie. Dish, and serve with a border or small heaps of rice, boiled very dry; or in the middle of a casserole or mould of rice.

In preparing rice for currie, be careful not to touch it with the fingers, or a spoon; but shake it lightly into a dish with a cover, and serve it quite hot.

To currie Chickens, or Game.

Cut up the chickens, and, if raw, fry them a light brown, with sliced onions; or, if dressed, only fry the onions. Then lay the chickens, cut into smaller pieces, into a stewpan, with some veal gravy, or hot water, three spoonsful of currie-powder, and stew till tender. Then thicken with butter and flour, season with Cayenne pepper and salt, and squeeze in the juice of half a lemon. Serve boiled rice round the dish.

Another method is, to pour over the chickens a pint of cream, and the juice of a lemon, and to let them remain an hour. Meanwhile, fry sliced onions and two spoonsful of currie-powder in butter: then put all into a stewpan, with a little gravy, and stew till done. Season with salt and Cayenne pepper, and serve with rice, as above.

Or, a readier method is to cover each piece of poultry, or game, in a mixture of flour and currie-powder; then fry them with sliced onions in butter, till brown: put all into a stewpan, with boiling water to cover, and simmer about two hours.

A fourth method is, to put the poultry, or game, into a stewpan, with about three ounces of butter, three spoonsful of currie-powder, four or six table-spoonsful of cold water, and

a tea-spoonful of salt; stew slowly, stirring all the time, or about twenty minutes; then serve hot in a deep dish. About a table-spoonful and a half of currie is a good proportion for every pound weight of poultry or game

Turkey, or Fowl, in Jelly

Bone the bird, and fill it with forcemeat, in which are truffles and mushrooms; lard it with fat bacon, and tie it up braize it, and stew it in strong gravy, till a skewer may be passed through it easily: when cold, take off the fat, and serve with a savoury jelly round it.

Pigeons may be similarly dressed.

Fowl with Truffles.

Bone and skin a young fowl, stuff it with sliced green truffles, seasoned with pepper, salt, and mace, and tie it up carefully; cover it with slices of fat bacon, and over them a lemon, peeled and sliced; put the fowl into a stewpan, with a carrot, two cloves stuck into an onion, and water to cover the whole. Simmer very slowly on a stove, with live cinders on the pan, for two hours, or more; then strain the liquor, add about a gill of rich gravy, and a few sliced truffles; stew half an hour longer, and serve the fowl in the sauce. Mushrooms, with some butter, may be substituted for the truffles.

Partridges and pheasants may also be dressed as above.

Pulled Turkey, Fowl, or Chicken.

Take off the fillets from the breasts, and put them into a stewpan, with the rest of the white meat, and wings, and side-bones; to which add some broth, a little pounded mace, some salt, Cayenne pepper, and the juice of half a lemon: thicken with flour and butter, and simmer till the meat is warm. A little cream, or yolks of eggs, will be a great improvement. Meanwhile, season and broil the legs and rump, and serve round the dish, with the fillets.

Blanquette of Turkey, or Fowl.

Cut the breast of a dressed turkey, or fowl, into thin slices; then put into a stewpan some white sauce, and a few mushrooms, peeled and sliced; reduce it till very thick, add to it a spoonful of boiled cream, and a little fresh butter

but do not let it boil ; season with salt and the juice of half a lemon, put in the slices of poultry a few minutes, and serve.

Turkey, with Truffles.

Boil and peel the truffles, chop them, and mix them in the forcemeat ; fill the bird, and let it remain a week before dressing ; then roast it, and serve upon truffle sauce.

To hash Fowl, or Turkey.

Cut them into joints, season them, and put them, with the trimmings, into a stewpan, with broth, or warm water, and a large onion ; boil half an hour, then strain off the gravy, thicken it with butter and flour, and having selected the joints, pour the gravy on them, and simmer for fifteen minutes : just before serving, cut the stuffing in slices, warm it, and lay it round the edge of the dish, with the poultry in the middle. Garnish with toasted bread sippets.

A few button-mushrooms, chopped finely, are a great improvement to hashed poultry.

Sauce for grilled Poultry.

Mix three table-spoonsful of gravy, one of melted butter, a glass of port wine, and a tea-spoonful each of lemon juice, mustard, chili vinegar, and mushroom ketchup, and warm them together.

To roast a Goose.

Prepare stuffing, as for a duck, and stuff the goose, but not full, and tie it at the neck and rump. Put it first at some distance from the fire, and, by degrees, remove it nearer : roast it from an hour and a quarter to an hour and three-quarters, and serve with good brown gravy in the dish, and apple sauce in a tureen, or boat.

A goose requires careful basting, and over the breast should be placed a piece of paper, to be taken off as the breast rises.

A gosling requires proportionally less roasting than a goose.

Sauce for a roasted Goose.

Put into a saucepan a table-spoonful of made mustard, half a tea-spoonful of Cayenne pepper, a glass of port wine, and a gill of gravy ; mix, and warm, and pour it through a slit in the apron into the body of the goose, just before serving.

To roast Ducks.

For the stuffing, mix chopped onion with half as much minced green sage, four times as much grated bread, a bit of butter, black pepper and salt, and a beaten egg, to bind it. Stuff the duck, and roast it three-quarters of an hour before a sharp fire, taking care that the feet are crisp. If the raw onion be thought too strong for the stuffing, parboil it. Serve with a good brown gravy, in the dish.

A duckling will require proportionally less roasting.

To boil Ducks.

Salt them two days, and boil in a cloth for an hour. Serve with onion sauce, made with milk. Or, ducks may be boiled fresh, stuffed with sage and onion, and served with gravy.

To stew a Duck.

Stuff and half-roast a duck; then put into a stewpan, with a shred onion, some black pepper and salt, a little mint, sage, Winter savoury, and marjoram, chopped small, and about a pint of beef gravy. Simmer about twenty minutes, and then skim it, and take out the herbs. Add a quart of green peas, lightly boiled, and simmer half an hour longer. Thicken with a little butter and flour, if requisite, and serve the duck and peas in one dish. A glass or two of port wine will much improve this dish.

Cabbage, boiled, well drained, shred, and fried in butter, may also be stewed with ducks, instead of the peas, as above.

To hash a Duck, or Goose.

Fry a chopped onion in a stewpan, with a little butter; add to it gravy, or boiling water, and thicken it with flour; then put the duck or goose, cut up, into the sauce to warm; season it with pepper, salt, a little soy, or ketchup, and the juice of half a lemon. Serve in a deep dish, with toasted sippets.

Guinea and Pea-Fowls

Are dressed as pheasants, but are oftener larded. Their eggs require boiling but a minute and a half.

Wild Ducks

Should be roasted for half an hour only, and should not be stuffed. At table, slice the breast, squeeze part of a Seville orange over it, with Cayenne pepper, salt, and gravy.

Sauce for Wild Fowl.

Put into a saucepan half a pint of gravy, a few leaves of basil, a small onion or shalot, and a small piece of lemon-peel; boil a few minutes, and strain off; then add the juice of half a lemon, or Seville orange, and a glass of port wine; and season with salt and Cayenne, or black pepper. This is a fine sauce for all kinds of wild-fowl.

An onion, or shalot, chopped fine, and warmed in plain brown gravy, is a readier sauce than the above.

To warm dressed Poultry.

Beat up an egg or two, and add to it chopped parsley, bread-crumbs, and seasoning; with which cover the pieces of poultry; fry them in dripping of a light brown colour, or put them into a Dutch oven before a clear fire. Thicken some gravy, add to it a little mushroom ketchup, warm it, and pour it over the fry in a deep dish. Garnish with sippets and lemon.

Stuffing for Turkeys, Fowls, and Veal.

Chop, finely, half a pound of suet; and with it mix the same quantity of bread-crumbs, a large spoonful of chopped parsley, nearly a tea-spoonful of thyme and marjoram, mixed, one-eighth of a nutmeg, some grated lemon-peel, salt, and pepper; and bind the whole with two eggs. A tea-spoonful of finely-shred shalot, or onion, may be added at pleasure.

To bone Poultry or Game.

First, take out the breast-bone; then remove the back with a sharp knife, and next the leg-bones: keep the skin unbroken, and push within it the meat of the legs.

To stew Giblets.

Scald the giblets, and clean them carefully in warm water; cut off the noses, split the heads, divide the gizzards into four, take off the outer skin of the feet, crack the bones of the legs, and divide the neck into three, and the wings into two, pieces. Put all into a stewpan, with cold water to cover, and when they boil, take off all the scum as it rises; then put in a bunch of sweet herbs, some parsley, an onion, and some whole pepper and allspice, salt, and a blade or two of mace. Stew very gently till the gizzards are tender, when take out the giblets, strain the gravy, thicken it with flour and butter, and

a little cream, adding a table-spoonful of sherry. Serve with sippets. Stewed giblets make a good corner dish.

To roast Partridges and Pheasants.

Both may be larded : the partridge will require roasting half an hour, and the pheasant, three-quarters. Serve with good gravy and bread sauce, in a boat.

Partridges are sometimes served upon buttered toast, with melted butter poured over them. Partridges and moor-fowl are improved by putting a piece of butter into them, when trussing them. A pheasant is also improved by a piece of beef in the inside, which should be taken out before serving.

To boil Partridges and Pheasants.

Truss them as a turkey for boiling, fill with veal-stuffing, and put into hot water. A pheasant will require boiling an hour, and a partridge half an hour. Serve with the sauce directed for boiled turkey.

Stewed Partridges.

Partridges may be stewed as pigeons, (*see page 165,*) with or without cabbage.

Partridge Currie.

Cut into the smallest joints two fresh partridges ; melt two table-spoonsful of butter in a two-quart stewpan, and add to it the partridges, three table-spoonsful of currie powder, a tea-spoonful of salt, and four table-spoonsful of cold water ; stew gently, stirring all the time, which should be twenty minutes, or half an hour. Serve in a deep covered dish.

One moor-fowl, or half a pheasant, may be curried as above ; as may snipes, teal, plovers, &c., using one and a half table-spoonful of currie to each pound weight of the birds.

Woodcocks, Snipes, and Quails,

Are roasted without drawing ; a woodcock requires half an hour, and snipes and quails twenty minutes each, with a plate beneath to catch the trail, as the bird roasts. Quails are sometimes roasted with bacon over them. Serve all the above on buttered toast, with the trail spread over it, and melted butter on it, as gravy is rarely served with these birds.

Woodcocks and snipes should be drawn for potting.

Ruffs and Reeves

Should be tied in bacon, roasted about ten minutes, and served with gravy.

Grouse, Black Cock, and Moor-Game,

Should be roasted and served as partridges. Black cock will require roasting about three-quarters of an hour, and moor-game and grouse, half an hour.

Plovers.

Green plovers should not be drawn, but roasted and served as woodcocks. Gray plovers may be roasted twenty-five minutes, or stewed, as pigeons.

To roast Pigeons.

If to be stuffed, fill each bird with veal-stuffing, or with the liver and some parsley, chopped very finely, and seasoned. Roast for about twenty minutes, and serve with parsley and butter, or fried bread-crumbs, or gravy in the dish.

Pigeons may be larded, or roasted with fat bacon over them.

To broil Pigeons.

Split them down the back, season them, and lay them over a clear fire. Serve with mushroom sauce or gravy.

Wood Pigeons

Do not require so much roasting as tame pigeons; and should be served with a rich gravy.

Larded and braized Pigeons.

Lard and stuff them, and braize them, as directed for chickens; glaze them, and serve upon mushroom sauce.

Compôte of Pigeons.

Stuff and blanch the pigeons; then put them into a stew-pan, with an onion, a few mushrooms, and a slice of lemon; cover them with fat bacon, pour in about half a pint of gravy, or hot water, and stew till the pigeons are tender. Then take them out, strain, skim, and thicken the gravy, add a few forcemeat and egg balls, boiled, season with salt and pepper, and serve in the dish with the pigeons.

To stew Pigeons with Cabbage.

Scald them, put into them some seasoned forcemeat, and

blanch them. Boil a white cabbage, drain and shred it, and lay some of it upon fat bacon in a stewpan, upon which put the pigeons, well seasoned, and cover them also with cabbage and bacon. Add some gravy, and stew till the pigeons are tender; then skim and thicken the gravy, and serve the pigeons in the middle of the dish, with or without the bacon, the cabbage round them, and the gravy over all.

Or, cold roast pigeons may be stewed in good gravy, seasoned highly, with mushrooms or ketchup.

Potted Pigeons.

Pigeons may be potted by seasoning and baking them with butter; or they may be boned and stuffed before they are baked, and potted as meat.

To clarify Butter for potting.

Put the butter into a basin, or boat, and set it in a stewpan with water in it, over the fire. As the butter melts, the milky parts will sink to the bottom, and the clear should be poured off upon the articles to be potted.

Larks, and other small Birds.

Put them on a bird-spit, and cover them with egg and crumbs, or tie a piece of fat bacon round each bird; tie the bird-spit on a larger one, and roast for ten minutes, basting with butter. Serve upon fried crumbs.

Wheatears may be dressed and served as above; but they will require only seven minutes' roasting.

Ortolans are roasted and served as above, but are not drawn.

To roast a Hare.

The hare being skinned, slit the under part of the neck, to let the blood out; wipe but do not wash it; put a good stuffing into the belly, and sew it up tightly. Spit it, and put down at a moderate distance from a clear fire; baste it with dripping till nearly done, which will be in about an hour: when almost done, put some butter in the ladle, and baste; flour and froth the hare, taking care of the ears, which should be very crisp. Serve with wine sauce, or good gravy and currant jelly, made warm.

The stuffing is made as for veal, with the addition of the

liver of the hare, boiled, minced very finely. The back may be larded.

Some persons first baste a hare with a pint of old beer, and a chopped onion in the pan. Others recommend hare to be first basted with small beer, milk, or thin batter; which will be unnecessary, if the hare be properly cleaned.

Wine Sauce for Hare.

To half a pint of unflavoured gravy, add a gill of port wine, and a table-spoonful of currant jelly: boil up, and serve.

Hashed Hare.

Cut it into small pieces, flour it, and heat it in the gravy that is left, adding, with the stuffing, a glass of port wine.

Jugged Hare.

Cut a hare into joints, and season them with pepper, salt, ground allspice, and mace; put them into a stone jar, with a bunch of sweet herbs, the peel of a lemon, an onion, stuck with four cloves, one pound of gravy-beef, and the carcass-bones of the hare over all; to which add half a pint of water, and a gill of port wine. Tie the jar over closely, and put it into a saucepan of water up to the neck, but not higher, and keep the water boiling from two to three hours; or, set the jar in a moderate oven for an hour and a half; then strain off the gravy, remove the fat, thicken, and, having taken out the hare, serve it with the gravy in a deep dish. If forcemeat be wished, boil it in a cloth, make it into balls, and put them into the gravy just before serving. Slices of bacon, toasted and curled, are sometimes laid round the dish; or a slice or two of lean bacon, or ham, are put into the jar with the hare.

Ale may be substituted for the water in the jar. The forcemeat is made as for roast hare, or richer; of the liver boiled and minced, a little finely-shred bacon, sweet herbs, spice, bread-crumbs, and egg, mixed and made into balls.

Or, having cut up the hare, put it into a stewpan, with a bunch of sweet herbs, four cloves, some whole allspice, and black pepper, two large onions, and the peel of a lemon; cover it with water, skim when it boils, and simmer till tender; then strain and thicken the gravy, and serve in the dish with the hare. This is a quicker method than putting the hare into a jar.

To pot a Hare or Rabbit.

Cut it up, bake it in a jar, with butter, and take off the meat, while hot ; season it highly with salt, Cayenne pepper, allspice, and mace, and beat it in a mortar, adding some fresh butter, and a little gravy from the baking-dish. Put it into small pots, and pour over it clarified butter.

Rabbits may also be cut up, seasoned, packed closely in a jar, and baked with much butter ; the leg-bones, heads, and carcasses being kept out.

To roast a Rabbit.

Put veal-stuffing into it, and the back may be larded ; roast three-quarters of an hour, and serve with gravy, as hare.

Or, a rabbit may be roasted without stuffing, and served with a sauce of the liver and parsley, chopped, in melted butter, and seasoned.

To boil a Rabbit.

Put into boiling water, with a piece of crumb of bread, a little mutton-suet, and a slice of peeled lemon ; boil three-quarters of an hour and serve with onion sauce, or parsley and butter.

To keep Eggs

Dip them one or two minutes in boiling water ; the white of the egg will then form a kind of membrane, or thin skin, which will envelop the interior, and thus defend it from the air. Or, eggs may be kept fresh in lime-water, which is made by putting five or six pounds of slaked lime into four gallons of water.

Another method of keeping eggs, is to turn them every day.

To poach Eggs.

Pour boiling water into a stewpan, into which gently drop the egg, previously broken into a basin : when the white appears done, pass under it a slice, take out the egg, trim the white, and serve on toast, or spinach : if toast, moisten it with hot water, sharpened with vinegar. The bread should be very thin, shaped like the egg, but rather larger, and very lightly toasted.

Eggs in the Shell.

Put them into boiling water, and, for the white set and the

yolk fluid, boil three minutes : to boil hard, that is, the yolk set, five minutes. New-laid eggs require half a minute longer boiling than stale eggs.

Eggs and Bacon, or Ham.

Dress slices of streaked bacon, or ham, in a toaster, before the fire, and lay them in a heated dish ; then put on clarified dripping in a clean frying-pan, and when it boils, drop gently into it two or three eggs : in about two minutes they will be done, when take them out with a slice, drain off the fat, trim them, and serve upon the ham, or bacon.

Fricasseed Eggs.

Boil eggs hard, take out the yolks, and lay them in the middle of a dish, round which place the whites, previously cut in shapes : mix mustard and melted butter, and pour over.

Egg Sandwiches.

Boil eggs hard, slice them, put them in a layer, sprinkled with salt, between nicely cut bread and butter.

Minced Ham and Eggs.

Mince, very finely, lean ham, put a little of it into a stew-pan, with melted fat of bacon, and set it over a clear fire ; in a few minutes, carefully let fall in an egg, which will soon be fried round, with the minced ham sticking to it.

Savoury, or Ragoût Eggs.

Boil eggs hard, as for salad, put them into cold water, remove the shells, cut them into halves, and take out the yolks, keeping the white halves unbroken ; then beat up the yolks in a mortar, with forcemeat, with lean ham in it ; fill the halves with this mixture, fry them lightly, and serve with good brown gravy over them, either with or without slices of ham or bacon. Or, beat up the yolks with anchovy paste, or shred ham, fill the whites, and serve cold as a supper-dish.

Plovers' Eggs

Form a genteel dish ; hot for breakfast, and cold for supper. They should be boiled ten minutes, and served, if hot, on a napkin ; if cold, in nicely-picked moss. Plovers' eggs may likewise be boiled, and the shell and white being removed, they may be served in a mould of savoury jelly.

Sea-Gull Eggs,

When boiled hard, and eaten cold, with pepper, salt, vinegar, and mustard, make a delicious breakfast-dish. Many persons have an antipathy to these eggs; but it is from eating them in their soft state, when they have always a fishy taste. Vast quantities of these eggs are sold for plovers' eggs.

Eggs and Spinach, or Sorrel.

Boil and mince the spinach, and serve upon it the eggs, poached; or, stew spinach, or sorrel, and place the poached eggs round the dish, with pieces of fried bread between them.

Plain Omelette.

Break, and beat well, five or six eggs, and season with salt; set over a clear sharp fire a very clean frying-pan, and put into it a piece of butter, the size of a walnut; pour in the eggs, and beat them still with a fork; shake the pan to and fro, to prevent burning, and expose the middle less to the fire than the sides; gather the edges of the omelette, and put a small piece of butter under it, fold it evenly before it is too much done, taking care that the middle is mellow; turn it on the dish, and serve immediately.

All omelettes, to be light, should be folded nearly in the form of a Banbury-cake; but if fried and served flat, they will be heavy and tough.

Savoury Omelettes.

Beat the eggs, as above, add pepper, salt, a table-spoonful of chopped onion, parsley, and mushroom, or sweet herbs, an ounce of butter, minced, and a gill of cream: mix well, and fry, as directed above. Brown sauce may be served under it. Or, fry a plain omelette, and put into the fold a little minced dressed ham, shred tongue, or veal kidney.

Sweet Omelettes.

Break and beat six eggs, and mix with them a quarter of a pound of sifted white sugar, two spoonsful of potato-flour, a little grated lemon-peel and nutmeg: fry as above, and grate sugar over the top.

Or, put into the fold two spoonsful of red currant jelly in time to be warm when the omelette is done.

SOUPS

DIRECTIONS FOR MAKING SOUPS.

THE perfection of soup is, that it should have no particular flavour: this can only be secured by careful proportion of the several ingredients.

Meat.

Lean, juicy, fresh-killed meat, is best for soup: stale meat will make it grouty, and ill-flavoured; and fat meat is very wasteful.

An economical cook will save, as ingredients for soup, the liquor in which meat has been boiled; for example, leg of pork liquor may easily be made into peas' soup; and calf's-head liquor, and knuckle, be made the base or stock of white soup. The trimmings of undressed meat and game, the heads, necks, gizzards, and feet, of fowls, &c., when picked and washed clean, will be useful to enrich soups; and the gravies from dishes after dinner will be worth saving for sauces.

The bones of dressed or undressed meat assist to make good stock. Ham gives fine flavour, as well as the bone of a dressed ham, taking care to allow for its saltness.

In dressing a large dinner, the parings and trimmings of meat, poultry, and game, will be useful to make stock, and save much gravy-meat.

Boiling.

The softest water should be used for soups. In France, the meat is cut into half-pound pieces; and both the flavour and colour are improved by stewing the meat and vegetables with some butter, to prevent burning at the bottom of the soup-kettle, before the water is added to it.

The water in the soup-kettle, when first put on, should not be allowed to boil for at least half an hour; else the water will not penetrate, but harden, the meat, and keep in the impurities, which, in slow heating, will rise as scum.

Long and slow boiling is requisite to extract the strength from the meat; but the pot should never be off the boil. The fat should be taken off as it rises: a good method of skimming it is, to lay a sheet of paper flat upon the surface, and remove

it as often as grease appears. If, however, the soup be made the day before it is wanted, the fat can be removed in a cake; and the soup attains more consistence, without losing the flavour; but it need not be seasoned till wanted, and then slowly heated till boiling.

Vegetables and flavouring Ingredients.

The time for making soups is from four to six hours. All vegetables, bread-rasplings, or barley, for plain common soups, should be put in as soon as the pot is skimmed; that is, when the vegetables are merely intended to thicken and flavour the soup. When to be cut in pieces, and served in the soup, an hour's boiling is enough for carrot, turnip, onion, &c.

Spices should be put whole into soups, else they will be grouty, though strained through a fine sieve. Allspice is one of the best spices, though it is not so highly esteemed as it deserves.

Seville orange-juice has a finer and milder acid than lemon-juice; but both should be used with caution.

Sweet herbs, for broth and soups, consist of knotted marjoram, thyme, and parsley,—a sprig of each tied together. This is called a fagot of sweet herbs. Tarragon is also used in soups, and, with knotted marjoram, is by some called London thyme.

The older and drier onions are, the stronger their flavour; in dry seasons, also, they are very strong: the quantity should be proportioned accordingly.

Although celery may generally be obtained for soup throughout the year, it may be useful to know, that dried celery-seed is an excellent substitute. It is so strongly flavoured, that a dram of whole seed will enrich half a gallon of soup as much as will two heads of celery. Cress-seed is equally useful. Garlic adds to the flavour of soup; but a morsel, mashed and stirred in, will be enough for a gallon.

Cucumber is used for flavouring some soups, as is also burnet, which has the same flavour as cucumber.

Mushrooms are much used, or, when they cannot be obtained fresh, dried mushroom-powder, dried marigolds, and the *chokes* of artichokes, are likewise similarly used.

Mushroom ketchup will answer the purpose of mushrooms in soup, or sauce; but it should be used very sparingly, as

nothing is more difficult to remove than the over-flavouring of ketchup.

A lump of butter, mixed with flour, and added to the soup when boiling, will enrich and thicken it. Truffles and morels, first simmered in water, and then boiled in the soup, give it a fine flavour.

The finer flavouring articles, as ketchup, spices, wines, juice, &c., should not be added till the soup is nearly done.

A good proportion of wine is, a gill to three pints of soup; this is as much as can be used without the vinous flavour predominating, which is never the case in well-made soups. Wine should be added late in the making, as it evaporates very quickly in boiling the soup.

Be cautious of *over-seasoning* soups, gravies, or sauces, with pepper, salt, spices, or herbs; for it is a fault that can seldom be remedied: any provision over-salted is spoiled. The general fault of English soups is an excess of spice. Lemon-juice and vinegar, and all store sauces, should be used with great care. A lump or tea-spoonful of sugar is a good addition in flavouring soups.

Vermicelli is added to soups in the proportion of a quarter of a pound for a tureen of soup for eight persons: it should be broken, then blanched in cold water, and is better if stewed in broth before it is put into the soup.

In some parts of France, an excellent extract of the herbs used in soups and broths is made, by boiling them very slowly with a little salt, and afterwards evaporating the fluid. A little of this extract, dissolved with gum-arabic in hot water, is said to make capital flavouring for soup.

Colouring and thickening.

Colour may be obtained from toasted bread, onions fried with butter and flour, or burnt sugar, the usual browning.

Beet-root juice, for colouring soups red, is obtained by squeezing boiled and grated beet-root through a cloth.

Spinach-juice is used for green, the spinach being beaten to a pulp in a mortar, then squeezed, and the juice warmed till it curdles, so as to pour off the water; when the green portion is rubbed through a sieve with some broth.

If soup be thickened with cream, or eggs, it must not afterwards be allowed to boil.

Thin soups should be quite transparent : thickened soups should be of the consistence of rich cream. Thickened soups require nearly as much seasoning again as thin soups.

Soak the tammy, or napkin, in cold water before you strain hot soup through it, as the cold will harden the fat, and only let the pure soup pass through.

To clear Soup, or Broth.

Put into the soup, when first set on, whole whisked eggs ; skim it constantly, and it will be clear, when strained.

Keeping Soups.

If soups are made the day before they are wanted, they should be strained into earthen pans, and not covered up till quite cold. In no case should soup be set aside in the soup-kettle, as that practice has led to fatal results, when the copper inside has not been perfectly tinned. Nothing injures the stewpan more than browning meat in it, on which account use the frying-pan instead.

On no account should soup be set aside with vegetables in it, as they soon cause it to turn sour. Neither should soup be removed in a jelly, else it will sooner become sour : when in danger of spoiling, soup should be boiled up, with a little powdered charcoal tied in a bag.

The pans should be quite clean and dry before the soup is strained into them : each pan should not hold more than four quarts, as a larger body of soup is more apt to ferment. It is better that soups should be set aside on trivets, that the air may circulate under them ; else they draw the damp under them, and the soups are more liable to ferment.

Soup, when put by, should be changed every day into fresh-sealed pans.

Be careful, in re-warming soups, not to pour in the sediment, else they will be thick and grouty.

If soup be too weak, the kettle should be uncovered, that the watery particles may escape. The best mode of re-warming soup is, to put the vessel containing it into a stewpan of boiling water : if this cannot conveniently be done, put the soup on in a kettle, with the lid close, over a clear fire ; and be careful that the soup is not smoked.

By a *tureen of soup* is generally meant three quarts.

Browning for Soups, Sauces, and Gravies.

Put into a clean iron saucepan half a pound of pounded loaf sugar, and a table-spoonful of water; set it over a slow fire, and stir it with a wooden spoon until it becomes of a bright-brown colour, and begins to smoke. Then add an ounce of salt, and gradually dilute with water, till it is the thickness of soy; boil it, take off the scum, and bottle it for use. It may be made on a smaller scale, by burning sugar in an iron spoon.

Plain Stock

Is the kitchen phrase for common broth, and is the basis of many soups and sauces, which are then made richer, and in less time than with plain water. But stock is only kept in large kitchens, on which account we have mostly directed water to be used in making soups. Before a large dinner, however, it is desirable to prepare stock, which may be done as follows:—wash a leg or shin of beef, the bone of which has been broken, and to each pound allow a quart of soft water; to which add any trimmings you may have of meat, game, or poultry. When it begins to boil, skim it; then add about half a pint of cold water, and stir the meat up, to make the scum rise, adding cold water every time you skim it, to stop the boiling. When quite clear, set it aside to simmer; indeed, at no time should it boil fast. It will require from four to six hours; when done, it should be strained into earthen pans, and the fat be taken off in a cake, when cold.

If flavour be wanted, two onions, two carrots, two heads of celery, and a bunch of sweet herbs, may be added; and seasoning of salt and Cayenne pepper; but, on no account, in Summer, should vegetables be put into this broth before it is to be used; but, if it be required for other soups and gravies, generally, vegetables should be altogether omitted.

Gravy Soup.

Put into the stock-pot two or three pounds of lean beef, and as much veal, half a pound of lean ham, or gammon of bacon, with two carrots, two onions, two heads of celery, two turnips, two or three cloves, a blade or two of mace, and two quarts of water, or stock. Stew till the meat is tender, carefully taking

off the scum as it rises. If required to be brown, add colouring; stew, and set aside.

Another recipe for gravy soup is as follows:—set on the fire a leg of beef, (the bone broken,) in a gallon of soft water, with two onions, fried brown, a bunch of sweet herbs, half a dozen cloves, two blades of mace, and a table-spoonful each of whole black pepper and allspice. Stew till the soup is sufficiently rich, and, if the meat be not overdone, it may be served with some of the gravy. After the meat is removed, strain, and set aside the soup.

A table-spoonful of soy, or mushroom ketchup, may be put into this soup, with or without vegetables.

This is the basis of almost all gravy soups, which are named after the vegetables put into them; as turnips, onions, celery, carrots, and a few leaves of chervil, make *Spring soup*. With rice, or Scotch-barley, with macaroni, vermicelli, or celery, it will be the soup usually called by those names; with the common seasoning. The roots and vegetables should be first boiled; as should also macaroni, or vermicelli.

Beef Gravy, or Cullis.

Lay a slice of lean ham, or bacon, in a stewpan, with four or five pounds of gravy-beef, cut into eight or ten pieces; to which add two onions, a carrot, a head of celery, two blades of mace, and three or four cloves; pour on a pint of stock or water, and set the pan over a slow fire till the meat is slightly browned; then add three quarts of boiling water, and stew very gently for four hours, skimming it carefully; when, if well managed, there should be two quarts of excellent gravy.

Veal Gravy.

Proceed as directed above for culhs, substituting veal for beef, and omitting the spice. It should be drawn slowly, and if for white dishes, the meat should not be browned.

Veal Broth.

To every pound of the scrag-end of the neck or veal put one pint of water; and proceed as in making chicken broth. Or, it may be made with the knuckle of veal; when, if not over-stewed, the thick part may be served with parsley and butter.

White Gravy Soup.

Break a knuckle of veal, and put it into the stock-pot, with any poultry-trimmings, a slice or two of lean ham or bacon, a carrot, three onions, and a blade of mace. Moisten these with broth, or water, and set them on the fire to draw the jelly; then cover them with stock, or water, and add a bunch of parsley, and some whole white pepper: boil, skim, and strain it. Add rice, or vermicelli; or, if wished very white, thicken it with ground rice or arrow-root, mixed smoothly with a pint of boiling cream.

Rich White Soup.

Lay in the stock-pot a knuckle of veal, after the collops have been cut off, two or three mutton shank-bones, a slice or two of lean bacon or ham, with a bunch of sweet herbs, three onions, the fresh peel of a lemon, three blades of mace, and a dessert-spoonful of whole white pepper; all which boil slowly in three quarts of water till the meat falls to pieces; the soup should then be strained, and set aside; and, when cold, take off the fat. Next prepare the thickening, as follows:—blanch and beat to a paste, in a marble or Wedgwood mortar, three ounces of sweet almonds, with a little water; to which add the breast of a dressed fowl, or a pound of white dressed veal, beaten to a paste: add to these a pint of the soup, boil half an hour, then rub it through a tammy-sieve, and stir in a pint of scalded cream. This thickening may now be added to the rest of the soup; the whole should be seasoned with salt, and a small piece of sugar, and boiled a few minutes. If vermicelli be wished, it should be added after the thickening.

Plain White Soup.

A good white soup may be made of the liquor in which have been boiled a knuckle of veal and ham; by again boiling in it the bones of the joints, with a bunch of sweet herbs, a head of celery, three onions, a few cloves, a carrot, and a table-spoonful of whole pepper and allspice, mixed. Simmer the whole for three or four hours; then strain, and, when cold, take off the fat. When wanted, warm the soup, and thicken it by stirring in a quarter of a pint of milk, mixed with a little ground rice.

Mock Turtle Soup.

Split a calf's head, with the skin on, and take out the brains;

wash it in warm water, and put it on in a stewpan, with more than enough cold water to cover it; boil it with a bunch of sweet herbs for two hours; then take out the head, and cut the meat and the tongue into square mouthfuls. Next put into the liquor four pounds of beef, about four pounds of knuckle of veal, and a slice of lean ham, adding the trimmings and bones of the head, with two carrots, three large onions, stuck with four cloves, a blade or two of mace, black pepper, and allspice; skim when it boils; then cover closely, and simmer four or five hours; strain, and set by till cold, when take off the fat. Next, put into a large stewpan half a pound of fresh butter, six sliced onions, and a tea-spoonful of green sage, chopped; fry these half an hour, stir in half a pound of flour, and gradually add the soup, with some salt, and the peel of a lemon; simmer half an hour, and strain through a sieve. Lastly, put the soup, with the pieces of meat, into a clean stewpan, with about half a pint of Madeira or sherry wine, boiled, the juice of a lemon, and forcemeat and egg-balls; simmer half an hour, and serve.

The forcemeat is the same as for veal, but more highly seasoned. For egg-balls pound the hard-boiled yolks of six eggs with the yolk of one raw egg, a little butter, and seasoning: roll the forcemeat and the above into balls, with flour. The calf's brains may also be made into balls, with seasoning and eggs.

Turtle flavouring.

Mix one ounce of essence of anchovies, one ounce and a half of shallot wine, four ounces of basil wine, two ounces of mushroom ketchup, half a dram of citric acid, half an ounce of thin lemon peel, half a tea-spoonful of currie powder, and steep for a week. This mixture is used to give the flavour of turtle to soup.

Economical Mock-Turtle Soup.

Lay in a pan two cow-heels, a knuckle of veal, two onions, salt, some whole pepper and allspice, and sweet herbs, with water enough to cover them; tie over, and bake about three hours; then cut the meat into mouthfuls, strain the liquor, and remove the fat when cold. When wanted, warm the jelly, with the meat in it, adding a table-spoonful of ketchup, and more seasoning, if requisite.

Ox-tail Soup.

Cut two tails into joints, and soak them in cold water an hour; or, to make the soup richer, flour and fry them. Put them into a stewpan with four quarts of cold water, a bunch of sweet herbs, three onions, two carrots, a turnip, and a dessert-spoonful of whole black pepper and allspice, mixed: stew for about two hours, or till the meat leaves the bones, having carefully skimmed it; then take out the meat, and cut it off the bones; strain the soup, and, if to be thickened, proceed as follows:—put into a stewpan two ounces of butter, set it on the fire, and stir in flour to make a paste; then gradually pour in the soup, simmer it, and, when smooth, strain it again over the meat, which has been kept warm. Season with salt, and a table-spoonful of mushroom ketchup: a glass or two of port wine will much improve it.

Ox-head and ox-heel soups are made as above, by substituting those parts for the tails. All are cheap and excellent soups.

Chicken Broth.

Cut a chicken into joints, wash them, and put them into three pints of water, with two ounces of rice, some whole white pepper, salt, and a blade or two of mace; boil and skim carefully, and then simmer three hours. Serve with vermicelli, or chopped parsley, boiled five minutes in the soup.

Chicken Mullagatawny.

Cut up a young chicken, as for a currie; fry two sliced onions with butter until of a light-brown colour, when add a table-spoonful of currie, and half as much flour; mix these with the onions, and add a quart or three pints of rich gravy, previously made, either from veal, beef, mutton, or poultry. Boil it, skim off the butter, add a pinch of salt, and put into it the chicken, cut up as above. Simmer the whole until the fowl be tender, when the soup will be ready to serve in a tureen, with a dish of boiled rice. A young rabbit may be substituted for the chicken.

Madras method of preparing Mullagatawny.

Cut up a fowl, duck, rabbit, beef, or mutton, and boil the same in two quarts of water for a quarter of an hour. Next, mix two table-spoonsful of currie, a table-spoonful of butter,

the juice of a lemon, and six tea-spoonsful of pea-flour, pour on them half a pint of boiling water, and, having well stirred them together, strain them through a sieve, over the fowl in a stewpan, to which add three onions, and two cloves of garlic, chopped finely, and fried in butter. Boil the whole together for half an hour, or till the soup is the thickness of cream; but no water should be added late in the process. If eaten as soup and bouilli, boiled rice should be mixed with it.

The currie-powder above directed is made as follows:—mix half an ounce of turmeric, one-sixth of an ounce of Cayenne, one ounce and a half of coriander-seed, one-third of an ounce of powdered cassia, and about a dram of ground black pepper.

East Indian methods of boiling Rice.

Wash and pick one pound of rice, put it into a saucepan, and pour on it boiling water; put on the cover, and set the saucepan beside the fire a quarter of an hour, in which time the rice will be soft enough for use; then pour the water off, and, to dry the rice, set it over the fire for a minute or two, stirring it with a fork, so that it does not become hard by heat.

Another method is, to soak the rice an hour in cold water, and then to put it into a saucepan with hot water to cover it, adding a tea-spoonful of salt to every tea-cupful of rice. Boil ten minutes, then pour off the water, cover the saucepan closely, and set it by the fire a few minutes to dry; when the rice will be fit to serve with currie.

Giblet Soup.

Clean and scald two sets of giblets, cut them into small pieces, and put them into three quarts of stock; or, with one pound of gravy beef, mutton, or veal, two onions, a bunch of sweet herbs, a tea-spoonful of whole white pepper, a large spoonful of salt, and half the rind of a lemon, into two quarts of water. Stew till the gizzards are tender, and then strain the soup. Next, put into a stewpan about two ounces of butter, with two spoonsful of flour, and stir them together over the fire till they become brown; then add the soup, boil ten minutes, strain again, and add a glass of white wine, a spoonful of mushroom ketchup, and a little Cayenne pepper, with the juice of half a lemon. A quarter of a pint of boiling cream may be substituted for the wine. Serve the giblets in the soup.

Clear Rice Soup.

Pick and boil a quarter of a pound of rice, put it into three quarts of good gravy, season with salt, and boil five minutes.

Fine Vermicelli Soup.

Put into a stewpan a pound and a half of lean veal, a small slice of lean ham, a bunch of sweet herbs, a head of celery, an onion, some whole white pepper, a blade of mace, and a quarter of a pound of butter; set the pan over a clear fire taking care the articles do not burn; then thicken two quarts of white gravy, and pour it into the pan, adding a few mushroom trimmings: when it boils, set it aside, remove the scum and fat, and strain the soup upon some vermicelli, which has been soaked a few minutes in cold water, and stewed in strong broth. This soup is sometimes served with a few blanched chervil leaves in it.

The above is a favourite soup at the royal table at Windsor and St. James's.

Macaroni Soup.

Boil tender a pound of macaroni in stock; then take out half, and boil the remainder till it can be passed in pulp through a sieve. Add stock to make altogether two quarts, half a pint or more of boiling cream, half a pound of Parmesan cheese, grated, and the macaroni first taken out. Warm, but do not boil, the whole, and serve with toast, or the crust of a French roll, in small pieces.

Mutton Broth.

Put on water, in the proportion of four quarts to a neck of mutton; boil it, and skim well; and in an hour add four turnips, a sprig or two of thyme and parsley, and an onion or two; then boil an hour and a half longer, season with salt, and serve. It is sometimes thickened with flour and butter.

Sheep's Head Broth.

Having split and cleaned the head, wash it, with the trotters, in lukewarm water, and soak it in cold water for two hours. Put on two gallons of water, and three-quarters of a pound of Scotch barley; when it boils, put in the head, trotters, and a neck of mutton with carrots and turnips, cut small, and some

salt: boil three hours, and skim carefully; and, half an hour before serving, put in some chopped onions.

In cleaning, the brain, and the skin of the feet, should be entirely removed.

The best method of warming this soup for table is, to add one gill of boiling water to every two quarts of soup; put it into a stewpan over a clear fire, stir it gently, that it may not burn, boil three minutes, skim, and pour into the tureen.

Scotch Barley Broth.

Into three quarts of lukewarm water put a quarter of a pound of barley, and two or three pounds of the lean end of a neck of mutton; when it boils, skim it, add half a dozen turnips, peeled and quartered, two scraped carrots, a small tea-cupful of chopped parsley, two or three onions, and salt and pepper; and simmer slowly.

Hare Soup.

Cut into joints a full-grown hare, and put it into a stewpan, with a pound of lean beef, and two mutton shank-bones, two onions, a carrot, a bunch of sweet herbs, six cloves, and two blades of mace: pour on these two quarts of boiling water; simmer till the hare is stewed to pieces; then strain the soup, and season it. Serve with a few forcemeat-balls in it, or a few pieces from the back of the hare, which should be taken out before it is too much stewed. The forcemeat should also be previously fried, or warmed in gravy.

This soup may also be made without the beef or shank-bones; when, having strained the soup, pick the meat off the bones of the hare, beat it in a mortar, rub it through a sieve, and mix it with a little butter and flour, to thicken the soup: add a gill or half a pint of port wine, as it boils up, and season with Cayenne pepper and salt. A table-spoonful of currant-jelly to each quart of soup is a fine addition.

Partridge, grouse, or any other game-soup, may be made as above; as also rabbit.

Clear Spring, or Vegetable Soups.

Make a highly-seasoned soup of the bones of roast beef, with the addition of other bones; and trimmings, if requisite. Having cut up and boiled one lettuce, and of Spring onions, chervil, sprue-grass, and sorrel, each a small handful, boil the

same in the soup a quarter of an hour. Carrots, turnips, and celery, cut into dice, are sometimes added; in short, all the roots and vegetables in season, spinach and potatoes excepted.

Julienne Soup is made as the preeeding, only the vegetables are to be cut in long shreds instead of dice.

Celery Soup is made by boiling in good gravy fine white celery, cut into small slips, and previously stewed in gravy.

Clear Asparagus Soup is made by blanching asparagus-tops, and boiling them in gravy.

Clear Peas Soup consists of a quart of young peas boiled in gravy, with a sprig of mint; to which may be added a finely-cut lettuce.

Green Peas Soup

May be made with or without meat. For the former, boil three pints of peas with mint, in spring water; rub them through a sieve, to them put three quarts of brown gravy, and boil together; then add about half a pint of whole boiled peas; season, and, if not green enough, add spinach-juice. Or, if the gravy be not made, boil with the first peas a ham-bone, or veal or beef-bones, and trimmings, to make the stock.

To make this soup without meat, put the peas, with some butter, two onions, seasoning, and a pint of water, into a stew-pan. Stew till the peas can be passed through a sieve, which being done, add to the liquor and pulp more water, half a pint of *young* peas, a few fine lettuce-leaves, and some mint, shred finely; stew all together till soft. Thicken with butter and flour, if requisite.

In either of the above eases, the pea-shells, if very young, may be boiled and pulped with the first parcel of peas.

Dried Green Peas Soup.

Simmer in soft water a quart of split green peas, with a small piece of butter, until they can be pulped through a cullender; then add to them a lettuce, boiling water to make the soup, and some spinach-juice to colour it. Simmer till ready, thicken with butter and flour, boil a few minutes, and season with pepper and salt, and sugar. The lettuce may be taken out, and asparagus-tops, or a few young peas, substituted.

Peas Soup.

Tie up in a cloth a quart of split peas, and boil them half

an hour in soft water; then untie them, and put them into three quarts of the water in which salt beef or pork has been boiled; but, if the liquor be too salt, use only half the above quantity, and the remainder soft water. Add a head of celery, cut, a leek sliced, or two peeled onions, one carrot, and a sprig of sweet herbs: simmer the whole very gently, stirring it every twenty minutes, to prevent burning, for about three hours, when the peas will be tender. Rub them through a sieve with a wooden spoon, mix well with the soup, and season it with ground black pepper. Serve with a small plate of dried and pounded mint, and toast or bread fried, and cut into dice.

The bones of a joint of roast beef are an economical improvement to the liquor for peas soup; and if mutton or poultry liquor, or plain water, be used, ham-bones, or the root of a tongue, will be excellent. Or, the water in which pickled pork has been boiled is good stock for peas soup.

Herb Soup.

Cut up six small lettuces, a few young onions, and a little parsley; to which add three large cucumbers, sliced, and free from seeds. Put all these into a stewpan, with about half a pound of butter, stir till it melts, cover the pan, and set it over a slow fire for an hour and a half; then pour in boiling stock, season, and simmer an hour. It may then be thickened; and asparagus-tops, boiled, may be added. This soup is sometimes coloured with spinach-juice; and, if made without stock, is also known as *soup maigre*.

Asparagus Soup.

Cut off the heads of asparagus, about an inch long, blanch and set aside in cold water about half a pint of them; put the remainder of the heads into a stewpan with the rest of the asparagus, broken off as low as tender, and stew them in white gravy until they can be pulped through a sieve: boil them up with the soup, and add the half-pint of whole heads previously dried. Add two or three knobs of sugar, and serve with pieces of French roll. To make two quarts of this soup will require about 300 heads of asparagus.

Turnip Soup.

Slice eight or nine turnips, and, if they be strong, blanch them; slice also a large onion, and half a head of celery; and

put all into a stewpan, with a slice of lean ham, and the crumb of a French roll. Cover with white or brown gravy, and simmer for an hour; then pulp the turnips through a sieve, and add them to the strained soup, with another quart of gravy, to make the soup the thickness of cream.

Or, this soup may be made by simmering the turnips, cut into dice, in the gravy, which should, just before serving, be thickened with a little flour and butter, and cream.

Tomata Soup.

Cut up three pints of ripe tomatas, and put them into a stewpan, with three sliced onions, a head of celery and a carrot, cut up, a table-spoonful of butter, and half a pint of brown gravy; stew gently half an hour; then add three pints more gravy, stew an hour and a half longer, pulp it through a sieve, and season with salt and Cayenne pepper. Serve with fried bread, cut into dice.

Carrot Soup.

This is an economical soup, and may easily be made. Scrape and wash six large carrots, and cut off the red outside; put it into a stewpan, with a head of celery and a sliced onion, and two quarts of water in which mutton or beef has been boiled, with any cold roast beef bones. Cover the pan, and stew slowly for two hours, or until the carrots are soft enough to pulp through a sieve, with a wooden spoon; then boil the pulp with the soup, and, if too thick, add gravy to make it as thin as peas soup. Season with Cayenne pepper, and salt.

Onion Soup, plain.

Simmer turnips and carrots for two hours in weak mutton broth; strain it, and add six onions, sliced and fried; simmer three hours, skim, and serve.

Rich Onion Soup.

Put into a stewpan a dozen onions, one turnip, and a head of celery, sliced, a quarter of a pound of butter, and a quart of white gravy; stew till tender; add another quart of gravy, pulp the vegetables, and boil with the soup, strained, for half an hour, stirring it constantly; and, just before serving, stir in half a pint of boiling cream, and about eighteen button onions,

nicely peeled, and boiled soft in milk and water. Season with salt. Spanish onions only are sometimes used; and the soup may be thickened, if requisite, with rice-flour, worked with butter.

White Celery Soup.

Boil four heads of celery tender in two quarts of white gravy, and strain it; cut, finely, three heads more celery; put into a clean stewpan two ounces of butter, and three table-spoonsful of flour, and, when melted to a paste, pour in the strained soup and celery; boil up, and, just before serving, add half a pint of scalded cream, and seasoning.

Scotch Leek Soup.

Simmer, in the water in which mutton has been boiled, a quantity of chopped leeks; thicken it with oatmeal, first mixed in cold water, and season with pepper and salt.

Cocky Leeky.

Into four quarts of boiling beef-stock, seasoned, put chopped leeks, and boil three hours, adding a fowl, time enough to be well boiled: serve it in the soup. If stock be not ready, it may be made of two or three pounds of beef, and six quarts of water; but, neither the meat nor the bone is to be served in the soup. A few prunes are sometimes added to the soup just before serving.

Cabbage Soup.

Put on, in cold water, any piece of fresh or salt beef, (if the latter, soak it twelve hours,) with some whole black pepper; boil three hours; then add cabbages, in quarters, or cut small, and boil till tender. Serve beef, soup, and cabbage, in one dish. A brisket is a good joint for this soup; to which are sometimes added leeks, turnips, and onions; or Scotch kale is substituted for cabbage.

With the addition of pearl-barley, the above will make Scotch barley broth.

Gourd Soup.

Cut into pieces the pulpy part of the cheese-gourd, when ripe; put it into a pan, with a little butter, and set it over a slow fire; then add milk, in the proportion of half a gallon to four pounds of gourd: boil it a short time, add some salt, and

sweeten with sugar; then prepare toast, in small dice, and pour the soup over it.

Winter Hotch-potch.

Boil a pint of split peas until they can be pulped through a sieve; then put on in a gallon of water three pounds of lean mutton chops, a pound and a half of carrots, the same of turnips, cut small, and some salt and pepper. Boil about two hours, or till the vegetables are tender; then add the pulped peas, and boil the whole a quarter of an hour, having added a shred onion, and a head of celery.

Pepper Pot.

Cut small lettuces, carrots, turnips, celery, and onions, or any of them, and add the bones of any cold roast meat, with half a pound of bacon, or two pounds of neck of mutton, and half a pound of pickled pork, or two pounds of beef. Stew these gently in three quarts of water, till tender, skimming it on first boiling. Take out the bones, and add the meat of a lobster or crab, minced, and half a peck of spinach, that has been boiled and rubbed through a cullender. Season with salt, and highly with Cayenne pepper, and serve.

Sometimes a fowl, cut up, some rice, and suet dumplings, are added to the above; but this soup is very good without either.

Soup Maigre.

Chop small four lettuces, two handfuls of spinach, one of chervil, one of sorrel, three carrots, two heads of celery, and six or eight onions; put them into a stewpan, with half a pound of butter, and fry twenty minutes: season with pepper and salt, and add three quarts of boiling water. Stew gently for about two hours, and, just before serving the soup, thicken it with the yolks of three eggs, beaten, and half a pint of cream or milk; or thicken with a table-spoonful of flour, mixed in a tea-cupful of the soup.

Soup Santé is also made as above.

Cheap Soup.

Set on, in seven pints of water, one pound and a half of lean beef, cut into pieces, one pint of split peas, one pound of potatoes, three ounces of rice, two heads of celery, three leeks, and a large onion, sliced and fried brown: simmer till reduced

to five pints, when the soup may be strained, or served with the meat and vegetables in it.

Beef Brose.

Skim off the fat of water in which beef has been boiled : boil it, and stir in oatmeal, to thicken it.

Fish Soups.

Good soups may be made by simmering a cod's-head, skate, or flounders, in water enough to cover the fish ; adding pepper and salt, mace, an onion, celery, parsley, and sweet herbs. When done, strain, and thicken the soup with oatmeal, or flour. If for brown soup, first fry the fish.

The recipe for water-soupy will be found at page 105. Another method of making this excellent dish is to stew a portion of the fish with parsley-roots, &c., and then pulp it through a sieve, to thicken the soup, in which, also, a few fish may be served whole.

Eel Soup.

Slice, and fry brown in butter, two large onions, to which add three pounds of small eels, unskinned, and cut into pieces ; pour upon them three quarts of hot water, and when they boil, cleanly take off the scum : add two blades of mace, some whole pepper and allspice, and a bunch of sweet herbs ; cover closely, and simmer two hours, when the soup may be strained. It may be thickened with butter and flour, or flour and cream, and served with toasted bread, or small pieces of fried eels, soles, or skate, in it.

Eel Broth is made by boiling eels in water, with a bunch of parsley and seasoning, the pieces of eel being served in it.

Lobster Soup.

Take the meat, but not the spawn, of four young hen lobsters, boiled ; beat the fins and small claws in a mortar, and boil them together in two quarts of water, with sweet herbs, salt, and pepper, until the goodness of the fish is extracted, when the liquor may be strained. Then beat the spawn in a mortar, with some butter and flour, and rub it through a sieve into the strained soup, to thicken it : simmer ten minutes, but do not let it boil, else the red colour will fade ; add the juice of a lemon, a little essence of anchovies, and serve. If forcemeat

balls be wished, they may be made of minced lobster, spawn, pounded mace, and seasoning, bread-crumbs, and egg, rolled with flour, and warmed in the soup. The meat of the claws may also be served in the soup.

Cray-fish Soup.

Pick off the tails of half a hundred boiled cray-fish; take out the meat from the heads and shells, beat it to a paste in a mortar, and mix it with white gravy to the thickness of cream; boil it a quarter of an hour, and rub it through the tammy; add the tails of the fish, season with Cayenne pepper and salt, heighten the colour with beet-root juice: or beat some lobster-spawn with the meat of the cray-fish.

Oyster Soup.

Beat to paste in a mortar three hard-boiled egg-yolks, and three dozen of oysters; put them into three quarts of white gravy, and stew half an hour; stir in, one way, the beaten yolks of six raw eggs, to thicken the soup, and pass it through a tammy. A dozen or two of bearded oysters may be added; when the soup should be simmered, but not boiled, five minutes.

Glaze.

Break the bones of a leg or shin of beef, put it into a soup-kettle, and cover it with cold water; set it on the fire, and skim it carefully; when clear, set it aside to simmer for six or eight hours, and strain it through a hair-sieve into a pan. Next day, take off the fat, and boil it briskly in an uncovered stewpan, with half an ounce of whole black pepper, and some salt; when it begins to thicken, set it over a gentler fire, and simmer till a little, taken out in a spoon, will cool into a strong jelly. Then pour it into shallow pots, or into bladders, such as are used for German sausages: or, if wanted in cakes, pour it into a shallow dish, and, when nearly cold, divide it with a paste-cutter into pieces. Either in jelly or cakes, it may be kept for some time.

Or, a still cheaper mode than the above is, to put the clean trimmings and parings of meat, game, and poultry, into a stewpan, to cover them with the water you have boiled meat in, and then to proceed as before directed.

Glaze is likewise called Portable Soup. A small portion

will flavour a pint of water, and, with an onion, parsley, sweet herbs, allspice, and seasoning of salt and Cayenne pepper, will make a fine soup in a very short time. Sauces and gravies for game or poultry are likewise quickly made with glaze. Its use for glazing meat, poultry, &c., has already been explained.

If you have not glaze ready, sift a little sugar over the article to be glazed, and finish in the oven, with a salamander, or red-hot shovel.

Savoury, or Aspic Jelly.

Bone four calves' feet, clean them, boil, and skim till the water is quite clear; simmer till the feet are done, add half a pound of lean ham, and strain, remove the fat, add the juice of two lemons, a tea-spoonful of whole pepper, a blade of mace, some salt, a sprig of knotted marjoram, thyme, and parsley, and two onions; whisk in the whites of ten eggs, and boil till they are curdled; then pass the whole through a jelly-bag till clear. Two table-spoonsful of tarragon vinegar will heighten the flavour.

This jelly may be put into meat pies, when warm, or upon the tops of cold pies: cold meats, and fish, are likewise garnished with it; for which purposes it is sometimes coloured pink with cochineal, or green with spinach-juice.

Cow-heel Jelly

Is useful to thicken and improve weak soups. It may be made as follows:—soak the heels twelve hours; boil them three hours, and, when cold, take off the fat; when nearly clear, lay white paper on the jelly, and rub it with a spoon to remove any grease that may remain.

GRAVIES.

To draw Gravy.

Cut gravy beef into small pieces, and put it, with some whole black pepper, into a jar, which tie over with a bladder; set the jar in a saucepan of cold water, and boil it gently for six or seven hours, filling up the saucepan with hot water as the water boils away. Thus will be made gravy, which may be reduced and flavoured for use.

A Pint of rich Gravy for roast Turkey or Fowl.

Cut small a pound of gravy beef, slice two onions, and put them into a stewpan with a quart of water, some whole black pepper, a small carrot, and a bunch of sweet herbs; simmer till reduced to one pint, when strain the gravy, and pour it into another stewpan, upon a quarter of a pound of butter browned with two table-spoonsful of flour; stir, and boil up

Cheap Gravy, without Meat.

Mix in a basin a tea-cupful of ale or beer, the same of water, a tea-spoonful of soy, or a table-spoonful of ketchup (or any gravy sauce), the peel of a lemon, two or three cloves, some salt, and whole black pepper; to which add a sliced onion, flavoured, and fried brown in butter; put all into a stewpan, simmer half an hour, and strain.

Cheap Veal Gravy.

Put into a stewpan the bones and trimmings of a knuckle of veal, a bit of lean bacon, lemon-peel, a bunch of sweet herbs, some whole black pepper, a blade of mace, and some salt; cover with water, boil and skim; simmer about three hours, and strain.

Rich Gravy.

Slice a pound of lean beef and two large onions, flour and fry them only brown in a little butter; then put them into a stewpan, pour half a pint of hot water into the frying-pan, boil and pour it upon the meat and onions; add a small bunch of sweet herbs, one blade of mace, a table-spoonful of whole black pepper and allspice, mixed, and a bit of lean bacon. Simmer three hours, skim as soon as it boils, and

frequently after, shaking it round to prevent its burning. Strain, and take off the fat; and it will be ready to serve without thickening or browning, if properly made.

Slice beef and onions, flour them, and fry them a light brown in very little butter; put them into a stewpan with a bunch of sweet herbs, some whole pepper and allspice, three cloves, and two blades of mace; simmer till the meat is almost tasteless, skim carefully and strain. A dessert-spoonful of essence of anchovies or soy will be a great improvement.

When ham is wanted for gravy, cut the under-part rather than the prime, and be careful in using salt.

Garlic or shallot vinegar, used with caution, say a few drops to a pint of gravy, is one of the finest flavours in cookery.

Gravy for Fowls, without Meat.

Clean the feet and gizzard, and cut them and the neck into small pieces; put them into a saucepan with two small onions, a few sprigs of sweet herbs, a tea-spoonful of whole pepper and some salt, and the liver, to which add a pint of water; simmer an hour; then mix the liver into paste with a little flour and butter; strain the gravy to it, stir well and boil up. A tea-spoonful of soy will enrich it, and a little colouring may be added, as a knob of sugar burnt in an iron spoon.

Gravy, in a few minutes.

Put a table-spoonful of glaze, or portable soup, into half a pint of warm water, with an onion; boil five minutes, add salt and some colouring, and strain. This will serve for any roast poultry or game.

Gravy, to keep.

Lay in a stewpan lean beef, cover it with water, and let it stew gently; then add more water, a small slice of lean ham, sweet herbs, onion, and seasoning, and simmer till it be rich. Set it by to cool, but do not remove the fat till the gravy is wanted, as that assists to keep the air from it.

Or, lay the meat in the pan, set it on the fire to draw out the gravy, and when that is done, add the water, &c., as above. Be careful not to let the meat burn.

The sediments of cold gravies should not be used.

SAUCES.

Thickening for Sauces and Gravies.

FOR *white* thickening, put four ounces of fresh butter into a stewpan, over a clear fire; when it is melted, stir in gradually, with a wooden spoon, eight table-spoonsful of flour till quite smooth; then put it into an earthen pan, and tie over, to keep. It should not be darker than cream.

For *brown* thickening, only six table-spoonsful of flour should be used with four ounces of fresh butter; it should be made over a stronger fire, and gradually browned lightly. If it burn, or have dark specks, it will make sauce bitter.

The usual proportion of thickening for gravy is a table-spoonful to a quart.

Essence of ham is an economical relish for made-dishes, and to enrich sauces: it may be purchased at eating-houses.

Melted Butter.

Cut two ounces of butter into dice, and put them into a well-tinned saucepan, with a large tea-spoonful of flour; mix, and add a quarter of a pint of cold water; hold it over the fire, and repeatedly shake it round in one direction till it simmers, when let it stand, and boil up. Two table-spoonsful of milk will improve the above, especially if the butter be wanted to serve with vegetables,

Melted butter is the basis of many English sauces, as oyster, shrimp, lobster, caper, parsley, &c. When to be thus used, the butter should be as thick as light batter.

Parsley and Butter.

Wash and pick parsley very clean, mince it finely, gradually mix it with melted butter, and boil two or three minutes.

Fennel sauce is also made as above; sometimes with the addition of parsley.

Burnt Butter.

Put a quarter of a pound of fresh butter into a frying-pan, and set it over a clear fire till the butter browns, when add a large wine-glassful of vinegar, with pepper and salt.

Oiled Butter.

Put fresh butter into a deep dish, and set it at a distance from the fire till it becomes an oil, when pour it from the sediment. This butter is sometimes used for frying, and instead of olive oil in salads.

Brown Sauce, or Cullis.

Put into a stewpan three pounds of lean veal, and a pound of lean ham, an ounce of butter, two onions, a small bunch of sweet herbs, a small carrot, some lemon-peel, a little whole allspice, and a blade or two of mace. Pour on these two quarts of brown gravy, (*see page 191*), and stew slowly three hours; then strain, colour, thicken, and boil ten minutes. This is the basis of all other brown sauces.

Apple Sauce.

Pare and core apples, put them into a preserve-pot, cover up, and set it on a hot hearth, or in a saucepan of water, to boil; when the apples are soft, mix them to a pulp with a small piece of butter, and sweeten with brown sugar. This is a much better method than the common one of boiling the apples with water. A little grated lemon-peel is sometimes added.

Bread Sauce.

Peel and slice a large onion, and boil it soft, with a little whole black pepper, in half a pint of cream or good milk; then strain it over the crumb of a French roll, or stale bread-crumbs, add one ounce of butter, boil together till smooth, and season with salt.

Mint Sauce.

Mix vinegar and brown sugar, and let it stand at least an hour: then add chopped mint, and stir together; it should be very sweet.

Onion Sauce

Peel and slice six middle-sized onions; boil them till very soft, when rub them through a sieve; put them into a saucepan with three ounces of butter, simmer five minutes, add a table-spoonful of flour, half a tea-spoonful of salt, and half a pint of cream or good milk, and stir till it boils.

This sauce may be made *milder*, by first scalding the onions, and then putting them into cold water; or by boiling the onions in two waters.

A turnip boiled with onions makes them milder.

Onion Sauce for Steaks.

Slice and fry brown, in very little butter, two onions; put them into a gill of brown sauce, and season with Cayenne pepper, salt, and lemon-juice.

Young Onion Sauce.

Peel thirty button onions, all of a size, and boil them till tender; then put them into half a pint of melted butter, made with milk instead of water, and season with salt.

Brown Onion Sauce.

Peel and slice half a dozen middle-sized onions, and put them into a stewpan with an ounce of butter; set it on a slow fire, and stir the onions till they are lightly browned; then dredge over them a little flour, add half a pint of brown gravy, season with pepper and salt, boil up, and add a table-spoonful of port wine, or ale, with the same of mushroom ketchup, and rub the whole through a sieve.

If the sauce be for steaks, add to it, after it has been passed through the sieve, an onion finely shred, and fried brown.

Sauce Piquante, or Sharp Sauce.

Put into a stewpan, with an ounce or two of butter, a table-spoonful of chopped parsley, basil, thyme, and mushroom, together, and two onions, two shalots, and a clove of garlic shred finely; simmer the whole over a slow fire until brown, when dredge in some flour, and add a quarter of a pint of brown gravy, and two table-spoonsful of vinegar; simmer, skim, and strain it, and season with salt and Cayenne pepper. Tarragon is a fine addition to this sauce.

Sharp Sauce for Venison.

Put into a saucepan half a pint of vinegar, and a quarter of a pound of loaf sugar; simmer gently, skim and strain it.

Shalot Sauce.

Chop eight or ten shalots, and simmer them in a quarter

of a pint of brown gravy, with two table spoonsful of vinegar; season with salt and Cayenne pepper, and serve without straining. This is a fine sauce for wild-fowl.

Garlic Sauce.

Chop six cloves of garlic, and brown them in a stewpan with two ounces of butter; add half a pint of brown sauce, and season with salt and pepper.

This sauce may also be made with melted butter, or garlic vinegar, instead of the brown sauce.

Sauce Robert.

Chop finely three onions, and fry them a light brown in two ounces of butter, and a little flour; then add a quarter of a pint of brown gravy, a tea-spoonful of made mustard, the juice of half a lemon, and pepper and salt; simmer and serve.

This is an excellent sauce for rump of beef, roast pork, or goose, or to be poured over steaks.

Italian Sauce.

Put into a small stewpan, a table-spoonful of mushrooms and shalots, chopped finely, and two dessert-spoonsful of salad oil; simmer and stir a few minutes over a slow fire; then add half a pint of white or brown sauce, season with pepper and salt, and serve thin. A glass of white wine may be added.

Green Sauce.

To half a tea-cupful of sorrel or spinach-juice, add the beaten yolk of an egg, the juice of half a lemon, a tea-spoonful of sugar, and a bit of butter; simmer together, and serve, with ducklings or a young goose.

Rich Dutch Sauce.

Put two ounces of butter with two table-spoonsful of flour into a quarter of a pint of water or gravy; simmer and stir, adding half a tea-cupful of cream beaten with the yolks of four eggs, and three table-spoonsful of horse-radish vinegar; warm, but do not boil together, add salt and the juice of half a lemon, and strain through a sieve.

Plain Dutch Sauce.

Work two ounces of butter with a tea-spoonful of flour, and

put it into two table-spoonsful of water, the same of vinegar, and a beaten egg; make hot but do not boil, and strain.

This sauce is eaten with fish or boiled fowls.

Mustard Sauce.

Stir made mustard into melted butter, in the proportion of two table-spoonsful of the former to a quarter of a pint of the latter. This is a useful sauce for boiled tripe, herrings, and hot lobsters.

Tomata Sauce.

Crush half a dozen, more or less, of very ripe red tomatas, pick out the seeds, and squeeze the water from them; put them into a stewpan with two or three finely-sliced shalots, and a little gravy; simmer till nearly dry, when add half a pint of brown sauce, and simmer twenty minutes longer; then rub it through a tammy into a clean stewpan, season with Cayenne pepper and salt, a little glaze, and lemon-juice; simmer a few minutes, and serve. Tarragon or Chili vinegar are sometimes added, and sliced onions may be substituted for the shalots.

Horse-radish Sauce.

Serape finely a stick of horse-radish into about half a pint of brown sauce and a gravy-spoonful of vinegar; simmer and season with salt and sugar. This sauce is eaten with hot roast beef.

Sauce for cold Roast Beef.

Mix seraped horseradish, made mustard, and vinegar, and sweeten with white sugar.

Tarragon Sauce.

Put two or three table-spoonsful of tarragon vinegar into a stewpan, with a small piece of lean ham, and a sliced shalot: set it over a slow fire, and in a few minutes add half a pint of white gravy; simmer, skim, and pass through a fine sieve; and, just before serving, put in a little chopped tarragon and chervil; add lemon-juice, and season with Cayenne pepper.

Truffle Sauce.

Peel and slice a dozen or two of truffles, and put them into a stewpan, with some butter, over a slow fire; when they

are tender, add half a pint of white or brown sauce with salt and lemon-juice. Sometimes the truffles are passed through a fine sieve.

Mushroom Sauce.

Pick and peel very clean half a pint of small mushrooms, and put them into a stewpan with half a pint of white gravy, some pepper and salt, and a table-spoonful of butter and flour, rubbed together; stew slowly till tender, and add a table-spoonful of mushroom ketchup.

Or, prepare the mushrooms as above, and put them into a stewpan with some salt and white pepper, a blade of mace, a pint of cream or good milk, two ounces of butter rubbed in flour, and the juice of half a lemon; boil together, and stir till done. Or, instead of the cream or milk, add white or brown sauce. The mushrooms should be put into cold water and lemon-juice as they are peeled, to keep them white; and if they boil too long they will become black. Sometimes the mushrooms are cut, and rubbed through a fine sieve; but they are mostly served whole in the sauce.

Egg Sauce.

Boil three eggs ten minutes, and then put them into cold water, till wanted. Next cut the whites of two of them into small dice, and mince the yolks of all; put them into half a pint of melted butter, and simmer. This sauce will be much improved by beating the yolks of two of the eggs, and mixing them smoothly with the melted butter.

Caper Sauce.

Cut a table-spoonful of capers, and put them, with two tea-spoonfuls of vinegar, into a quarter of a pint of melted butter, and simmer.

Pickled nasturtiums, gherkins, and French beans, minced are sometimes used instead of capers.

Cucumber Sauce.

Peel three large cucumbers, cut them open, and take out the seeds; then slice them, and soak them in vinegar, salt, and water, with a large sliced onion, for an hour. Next put the cucumber and onion into a quarter of a pint of white gravy, with one ounce of butter: stew till they are soft, when add half a pint of white or brown sauce, and rub

the whole through the tammy: or sometimes pieces of cucumber are served whole in the sauce.

Lemon Sauce.

Cut into dice the inside of a lemon, free from pips, and mince finely a piece of the lemon-peel; put them into a quarter of a pint of melted butter, add salt, and simmer together. The liver of a fowl, boiled and minced, is sometimes added.

Gooseberry Sauce.

Pick some green gooseberries, simmer them in water till soft, and sweeten with sugar. Or, scald the gooseberries, and put them into melted butter. Sometimes minced fennel, grated ginger, and lemon-peel are added. Mock gooseberry sauce is made with rhubarb, boiled, pulped through a sieve, and sweetened.

Sorrel Sauce.

Put into a stewpan a quart of picked sorrel, with a little butter, and stew till soft; then rub it through a tammy, add half a tea-cupful of cullis, some lemon-juice, a small quantity of glaze and sugar, and boil up.

Endive Sauce.

Blanch and chop fine six heads of endive, and stew them in a quarter of a pint of strong gravy until soft; add a quarter of a pint of white sauce, a lump of sugar, and some salt and pepper, and boil up.

Celery Sauce.

Slice and cut into inch-pieces, six heads of celery; blanch them, and stew till tender in a little white gravy; add half a pint of white sauce, and season with salt and pepper. If wanted brown, use cullis instead of white sauce.

Or, set the celery, with two sliced onions and some butter, in a stewpan over the fire till tender, when add had a pint of water, or veal gravy, and a little milk or cream; simmer a quarter of an hour, and pass it with a spoon through a hair-sieve, so as to make a thick smooth sauce.

Oyster Sauce.

Beard the oysters, and boil the beards in the liquor, with a blade of mace, and some lemon-peel. Strain the liquor, but,

if it be too salt, use only a portion, with some water; add butter, rubbed with flour, simmer, and stir; when it boils up, put in the oysters, and simmer a few minutes only. The butter should be made thick, as the oysters will thin it: cream will much improve it; and some persons add a table-spoonful of mushroom ketchup. If for poultry, or meat, a little glaze should be added.

Shrimp Sauce.

Put half a pint of shrimps, picked, into half a pint of melted butter, and simmer a few minutes; add the juice of a lemon, and a little Cayenne pepper. This will be sufficient shrimp sauce for four persons. If the shells of the shrimps be boiled in the water with which the butter is made, the flavour of the sauce will be much improved.

Lobster Sauce.

Choose a fine hen lobster, boil it, pick the meat, and cut it into dice; pound the inside spawn, with two ounces of butter, rub it through a sieve, and put it into half a pint of melted butter; simmer, but do not boil, stir, and add the meat of the lobster, with a tea-spoonful of essence of anchovies, a little lemon-juice, Cayenne pepper, and salt; and simmer a few minutes longer. A little glaze, or good gravy, may be added; and cream will materially improve it.

Anchovy Sauce.

Season melted butter with essence of anchovies, and a little lemon-juice. Or, pick, but do not wash, two or three anchovies, beat them to a paste, with fresh butter, pass the paste through a sieve, add flour, and proceed as for melted butter

Fresh-water Fish Sauce.

Mix a table-spoonful of chopped onion, with a tea-spoonful of sweet herbs, the same of ground allspice, and a little mace and clove; put them into half a pint of brown sauce, add a glass of port wine, simmer ten minutes, and strain through a fine sieve: season with the juice of half a lemon, Cayenne pepper, a tea-spoonful of essence of anchovies, a table-spoonful of soy, or three of mushroom ketchup.

This sauce is mostly used for carp; but it is capital for any other fresh-water fish.

Rich Fish Sauce.

Put into a stewpan two ounces of butter, and brown it with flour; then add half a pound of anchovies, not boned, but beaten to a paste; with three blades of mace, six cloves, a tea-spoonful each of whole black pepper and allspice, a small bunch of sweet herbs, and a few small onions: pour on these a gill of raisin wine, and a pint of beef gravy; simmer twenty minutes, strain through a sieve, and, when cold, bottle for store. This sauce is usually boiled in the butter, while melting; or it may also be served in a cruet.

Liver Sauce for Fish.

Boil the liver of the fish, and rub it through a sieve, with some melted butter; season it with Cayenne pepper, and add some essence of anchovies.

Caper Sauce for Fish.

Add to a quarter of a pint of melted butter, a tea-spoonful of essence of anchovies, a small piece of glaze, a table-spoonful of chopped capers, with a tea-spoonful of their vinegar, and boil up.

Sauce for a Shoulder of Mutton.

Mix, with four table-spoonsful of hot water, a glass of port wine, a shalot, minced, a dessert-spoonful of essence of anchovies, and a little Cayenne pepper; simmer a few minutes, and, when the mutton is roasted and taken up, score the inside, pour the sauce over it, sprinkle with fried bread-crumbs, and serve in the dish. This sauce may also be served with veal, or any other meat.

Sharp Sauce for Mutton.

Simmer three minced shalots in a gill of gravy and a table-spoonful of vinegar, and season with salt and Cayenne pepper.

Currant Sauce for Venison.

Boil two ounces of grocers' currants a few minutes in half a pint of water; then stir in half a tea-cupful of bread-crumbs, a bit of butter, and a glass of port wine.

White Sauce for boiled Chickens.

Put into a stewpan the trimmings of the chickens, with a small piece of the scrag of veal, two blades of mace, some

whole white pepper, a bunch of sweet herbs, some lemon-peel, and a pint and a half of water; simmer to three-quarters: strain, and thicken with butter and flour, and boil up; then add a tea-cupful of cream, simmer, but do not boil: season with salt, and add a little lemon-juice.

Sauce for Fowls.

Put into a stewpan a slice of lean ham, half a shalot, and a sliced onion; add half a pint of white or brown gravy, the juice of half a lemon, and some pepper; simmer about an hour, strain, and serve in the dish or a tureen. A glass of port wine will be a great improvement.

Chestnut Sauce for roast Turkey.

Scald a pound of ripe chestnuts, peel them, and stew them slowly about two hours in white gravy; then thicken with butter and flour, and serve the sauce poured over the turkey. Pork sausages, cut up and fried, are sometimes put into this sauce.

Sauce for Wild Fowl.

To a quarter of a pint of good gravy add a minced shalot, and some Cayenne pepper and salt; simmer ten minutes; add a tea-spoonful of butter and flour, and two glasses of port wine, boil up, and serve over the birds, or in a tureen.

French Tomata Sauce.

Simmer the tomatas in weak gravy until you can pulp them through a sieve; add to the pulp a little rich gravy, pepper and salt, and a small piece of butter; simmer, and serve. This is an excellent sauce for pork, mutton, lamb, or veal cutlets, and calves'-feet, and should be served with them in the dish.

Liver Sauce.

Boil the liver of a rabbit or fowl, mince it, or rub it through a sieve; then chop parsley, mix it with the liver, put it into a quarter of a pint of melted butter, and boil up: season with pepper and salt.

A good sauce, in the phrase of the kitchen, "tastes of everything, and tastes of nothing;" that is, all the articles in it are well proportioned, and neither predominates.

STORE SAUCES.

Tomata Sauce.

BAKE ripe tomatas till they are very soft; then scoop them out with a spoon, rub the pulp through a sieve, and add to it as much chili vinegar as will bring it to a proper thickness, with salt to taste; and to every quart add half an ounce of garlic, and an ounce of shalots, both sliced very thin. Boil it a quarter of an hour; then strain, and take out the garlic and shalots. Put the sauce, when cold, into stone bottles, and let it stand a few days before it is corked up. If, on opening a bottle, the sauce should be in a fermenting state, add some salt, and boil it again. It should be of the thickness of rich cream. Instead of chili vinegar, Cayenne pepper, and plain vinegar, may be used; but the former makes the finest sauce.

Sharp Sauce, cold.

Mix a quart of any pickle-liquor, (as cabbage, gherkins, or picalilly,) a quarter of a pint of walnut-liquor, three cloves of garlic, sliced, a dozen chilies, and a wine-glassful of anchovy-liquor: infuse ten days, and filter for use.

A Bottle of Fish or Meat Sauce.

Mix half a pint of chili vinegar, two cloves of garlic, sliced, two table-spoonsful of mushroom, and two of walnut ketchup, with a table-spoonful of soy; put it into a port-wine bottle, let it stand six days, shaking it often, and then fill up with plain vinegar: in ten days longer strain the sauce, and put it into a clean bottle, or into half-pint bottles.

This sauce may be varied by adding to it anchovy-liquor, or currie-powder.

Essence of Lemon Peel.

Put into a mortar, with a lump or two of sugar, two drams of essential oil of lemon, and pour upon it, gradually, a gill of spirit of wine, stirring it, so as to mix the oil and spirit. This may be substituted for the flavour of fresh lemon-peel, and is preferable to "Salt of Lemons."

Essence of Anchovies.

Beat half a pound of anchovies, with the bones, into a paste, and put it into a pint of spring water; boil it quickly, till the

anchovies are dissolved, when add ground black or Cayenne pepper, to season it. If raisin wine be substituted for the water, the essence will be much finer. It should be strained through a coarse sieve, to ensure its smoothness; and should be closely corked, else it will soon rust, and spoil.

The bones should not be rejected in making essence, as their oily moisture enriches the sauce.

Essence of anchovies, thus made, will not be of the brightness or consistence of that made by oilmen, which is thickened with starch, and coloured with Venetian red.

Anchovy Paste.

Beat in a mortar to a paste, fine mellow anchovies; put it into small pots, pour upon it clarified butter, and tie over.

Mushroom Ketchup.

Choose broad flat mushrooms; put them alternately with layers of bay-salt into a deep earthen pan; let them stand three or four hours, then break them small with your hands, or crush them in a mortar, and let them stand two days, occasionally stirring them (not longer, else they will be infested with insects); put all into a saucepan, boil and skim an hour, when strain, and set aside. Next day, pour the liquor off the sediment, and to each quart add one ounce of whole black pepper, and half an ounce of allspice, and the same of ginger; boil slowly for half an hour, or, if wanted very strong, till the ketchup is reduced by half: when cold, strain, and bottle it. It should be kept in a cool, dry place: in a damp cellar it will soon spoil. If you see any mouldiness on the top of the ketchup, or if it get thick and ropy, boil it again, with some whole pepper, sliced ginger, and bay-salt; and to every quart add a pint of porter or stout, or old strong beer. Indeed, beer is sometimes added to the ketchup before it is first boiled with the spice.

Much of the ketchup which is sold by grocer-oilmen is a vile compound of the liver and roe of fish, seasoned with pepper, &c. If you wish to ensure ketchup genuine, you must procure mushrooms, and make it yourself.

To dry Mushrooms.

Peel them, and take out the dark inside; dry them on tin plates or sieves in a slow oven; and keep them in bottles,

closely stopped. When used, they should be simmered in the soup, gravy, or sauce, to be flavoured. Or, the mushrooms may be dried as above, beaten to powder, and put into bottles.

To pot Mushrooms.

Peel a quart of large buttons, dust them with white pepper, and a pinch of pounded mace and cloves; put them into a stew-pan over a slow fire, and shake them till quite dry; then add two ounces of butter, and stew them in it till tender: put them into pots, pour the butter over them, and tie over closely with bladder.

Walnut Ketchup.

Mix common salt with green walnut-hulls, (as directed for mushroom ketchup,) and let them stand a week, often crushing them: then pour off the liquor, simmer, and skim it: put to every two quarts an ounce and a half of whole ginger, the same of whole allspice, an ounce of whole black pepper, and half an ounce of cloves; boil slowly about half an hour: when cold, bottle, and keep in a cool and dry place.

Excellent Walnut Ketchup.

A much finer ketchup than the above is made from the juice of young walnuts: simmer, and skim it, and into two quarts of the liquor put half a pound of anchovies, not boned, a clove of garlic, four ounces of shalots, and half an ounce each of cloves and whole black pepper; simmer half an hour, and, when cold, strain, and bottle.

Oyster Ketchup.

Boil four dozen oysters in their liquor till the flavour be drawn from them; strain, and add to the liquor an equal quantity of raisin wine, with a dram each of mace, whole white pepper, and allspice, and the thin peel of a lemon: simmer twenty minutes, and, when cold, bottle with the spices in it.

This ketchup is also made of the oysters, without their liquor, beaten in a mortar, seasoned with salt, Cayenne pepper, and mace, and added to an equal quantity of wine; it is then rubbed through a sieve, and bottled.

Cockle ketchup is also made as above

Lemon Pickle.

Peel, very thinly, six lemons, take off the white, and cut the pulp into slices, taking out the seeds, Put the peel and pulp

into a jar, sprinkling between them two ounces of bay-salt; cover the jar, and let it stand three days: then boil in a quart of vinegar six cloves, three blades of mace, two or three shalots, and two ounces of bruised mustard-seed; pour it, boiling, over the lemons in the jar, and, when cold, tie over: in a month, strain, and bottle the liquor, and the lemons may be eaten as pickle. The above is a useful sauce, especially for veal cutlets and minced veal.

Quin's Sauce.

Mix a quarter of a pint of walnut ketchup with half a pint of water, half a glass of soy, and a quarter of a pint of port or raisin wine; add six anchovies, beaten to a paste, or a gill of essence, six sliced shalots, and a quarter of an ounce of chilies; simmer all slowly for half an hour, then let the mixture stand a few days, when it may be strained and bottled for use.

This, and other store sauces, can only be fined by passing them through a flannel or felt bag.

Tarragon Vinegar.

Put into a wide-mouthed bottle fresh gathered tarragon-leaves; fill up with vinegar, infuse a month, and filter for use.

Elder Vinegar.

Put into a wide-mouthed bottle fresh elder-flowers; fill up with vinegar, infuse a month, and filter for use.

French Salad Vinegar.

Mix three ounces each of tarragon, savoury, chives, and shalots, with a handful of mint and balm tops; put them into a bottle with a gallon of vinegar; cork it closely, infuse a month, and filter for use.

Coratch.

Put into a pint of vinegar two shalots and a clove of garlie, sliced, two ounces of chilies, a wine-glassful of soy, and the same of walnut-liquor; infuse three weeks in a bottle closely corked, and filter for use.

Chili Vinegar.

Put into a quart of vinegar one hundred small red chilies, cut in half, or peppers, as our gardeners call them: infuse for a fortnight. The bottle may be several times filled up before all the flavour of the chilies will be extracted.

Camp Vinegar.

Put into a quart of vinegar half an ounce of ehilies, eut, three cloves of garlic, sliced, a wine-glassful of soy, and the same of walnut ketchup: infuse a month, and filter for use.

Bengal Chitni.

Weigh six ounces of dry powdered red ehilies, four ounces of pulp of mangoes, pickled, half a pound of pulp of tamarinds, four ounces of loaf sugar; six ounces of powdered ginger, from three to six ounces of garlic, beaten to pulp, six ounces of sultana raisins, four ounces of fine salt, and one quart of vinegar. Mix the whole together in a mortar.

Currie Powder.

Turmerie powder, five ounces; ground black pepper, two ounces and a half; powdered ginger, two ounces; cinnamon, mace, and cloves, powdered, of each half an ounce; Cayenne pepper, half an ounce; coriander seeds, five ounces; lesser cardamom seeds, husked, one ounce; cummin seeds, a quarter of an ounce: grind the seeds finely in a mill, and pass them through the finest wire or hair-sieve; then mix them with the powders, and keep in a corked bottle for use.

Curries.

In this country, only certain dishes are dressed with currie powder, as rabbit, veal, calf's head, chicken, and mutton chops. But all meats make a good currie. Hare currie is extremely good; as are also fish curries, of prawns, oysters, lobsters, craw-fish, sole, cod, whiting, haddock, halibut, and sturgeon.

Cucumber, and vegetable marrow, are excellent additions to curries; tomatas should be sparingly used; rasped cocoa nut is likewise an improvement to a currie. All kinds of vegetables may also be used in curries; and their flavour will be much improved by the addition of the green capsicum sparingly.

To mix Mustard.

Dissolve bay-salt in boiling water, and mix it with the superfine or No. 18 mustard, gradually to a proper thickness, stirring or beating it quite smooth. Stop it closely, and it will keep almost any time.

Or, mix the mustard with milk and a little cream, which

will make it softer; but it will not keep. A tea-spoonful of sugar to half a pint of mustard is an improvement.

Epicures sometimes mix mustard with sherry or raisin wine. The French use tarragon, shalot, and other flavoured vinegars, and pepper.

The boiling water, as above, is sometimes poured on horse-radish before it is mixed with the mustard.

Kitchen Pepper

Dry salt before the fire, and mix it with half the quantity of ground black pepper: keep in a tin canister, or wide-mouthed bottle. This is convenient seasoning for any broiled meat, savoury pies, &c.

Kitchen Spice.

The following mixture will be found useful for seasoning sauces and soups:—three-quarters of an ounce each of ground allspice, black pepper, and nutmeg, one ounce and a half of ground ginger, one dozen cloves, in powder, and nine ounces of salt: mix in a mortar, and keep it closely stopped.

If the pepper and salt be omitted, the above will be a good mixture for cakes.

Savoury Herb Powder.

Take dried parsley, savoury, sweet marjoram, and thyme, equal quantities; half the quantity of basil, and a few drops of essence of lemon-peel: warm them in a Dutch oven, pound them and sift them finely, and keep the powder in a closely-stopped bottle. This is useful to flavour soups, sauces, and forcemeat; but the flavour of fresh herbs is finer.

Bottle Cement.

Melt in an iron ladle some rosin, and a quarter as much bees'-wax; add a little Venetian red, stir with a piece of candle, and, when smoothly melted, dip in the top of the bottles, so as completely to cover them. In making this cement, be careful not to leave it a moment while it is on the fire.

SALADS.

SALAD herbs are too numerous to specify. They should be, if possible, "morning gathered," and should invariably be thrown into spring water. Careful picking and washing from dirt, weeds, and vermin, are very important: all the herbs

should be covered up with a cloth to exclude the air until they are dried, and are wanted for use.

To ensure getting rid of all insects from salads, wash them for three or four minutes in sea or salt water. Vegetables of every kind ought to be so cleansed, and afterwards washed in the usual way.

Water-cresses require very careful picking and washing, as, at certain seasons, spawn of water-animals is found on the cresses; and a dangerous plant grows mixed with them in springs and streams, and which, when not in flower, so much resembles cress as often to be taken for it. Water-cresses are of a deep green, with leaves sometimes spotted with brown, and of deeper brown at the edges; especially the last leaves, which are in pairs, larger than the others. The dangerous plant, or water-parsnep, as it is called, is only green, and its leaves are longer and narrower, with pointed ends, and jagged edges. The best method of distinguishing this plant from the cress is to examine the water-parsnep in July, when it is in flower.

Lettuces should never be wetted; thus they lose their crispness. If you wish for a good salad, cut the lettuce fresh from the garden: take off the outside leaves, and cut, or rather break, it into the salad-bowl.

Chervil, and young shalots, cut finely, are excellent additions to salads; as is also the pulp of tomatas.

Salad Mixtures.

Boil two eggs ten minutes, and put them into cold water, to harden and cool; then take out the yolks, and rub them through a coarse sieve into a basin; add two table-spoonsful of olive oil, a tea-spoonful of salt, the same quantity of mustard, half the quantity of ground black pepper, a tea-spoonful of soy or essence of anchovies, and two table-spoonsful of vinegar: incorporate the whole, and pour this sauce down the side of the salad-bowl, or keep it in an incorporator. The whites of the eggs will serve to garnish the salad.

Or, rub the yolks of four hard-boiled eggs in a mortar, add a dessert-spoonful of salt, and a gill of olive oil, gradually, then half the quantity of tarragon vinegar, the same of plain vinegar, and a dessert-spoonful of essence of anchovies.

Or, chop finely two shalots, and rub them in a mortar, with

three hard-boiled yolks of eggs, a tea-spoonful of salt, and the same of mustard; add a little Cayenne pepper, and, when smooth, stir in gradually a gill of olive oil, and the same of vinegar: keep it in an incorporator, and shake before using.

Or, in either of the above receipts, oiled butter may be substituted for oil; as may cream: it is important that the yolks of the eggs should be quite cold.

Flavoured vinegar, as camp, and tarragon, if added to salads, should be used with caution.

Black pepper is much used in French salads. A tea-spoonful of soy as well as of sugar will add a fine flavour.

In first-rate salads, boiled and sliced truffle will be a valuable ingredient.

A table-spoonful of good gravy, or luke-warm glaze, will be a savoury addition to a salad.

A spoonful of boiled mealy potato, rubbed with mustard, salt, and a little cream, is a good substitute for an egg.

In Spring or Summer salads, the sauce should not be stirred up till they are served, in order to preserve the crispness of the herbs.

Aspic Salad Sauce.

Rub, with two hard boiled yolks of eggs, a tea-spoonful of salt; add gradually, half a gill of oil, then a tea-spoonful of essence of anchovies, and half a gill of tarragon vinegar, so as to be free from lumps and smooth; it may be seasoned with Cayenne pepper.

Excellent Salads.

Strip off the leaves of the finest lettuces, and use only such as are well blanched; put them into a bowl whole, and if wet, wipe each with a napkin; add to them, salt, pepper, and a little tarragon vinegar, with vinegar and oil in the proportion of rather more than two spoonsful of oil to one of vinegar; and stir the salad well; if prepared long before it is wanted, the lettuces will lose their crispness.

Boil one or two large onions till soft and mild; when cold, mix them with celery and sliced beet-root, first baked; dress with oil, vinegar, pepper, and salt. The onion and beet-root will make a fine salad, without the celery.

Beet-root Salad.

Boil or bake the beet-roots, as directed above, and rub off

the skin; when cold slice them, and cut the slices, if too large; and add salad mixture.

Boiled Salad.

Boil a Portuguese onion, some celery, French beans, and some beet-root; then trim and peel them, cut them up, and mix with them some raw endive or lettuce, and pour on salad mixture.

Or, boil two large onions, till they are soft and mild; when cold slice them, and mix them with beet-root, boiled and sliced; dress with oil, vinegar, salt, and pepper.

An Indian Salad.

Slice a large onion, two apples, and two large cucumbers, and mix them with two chilies, chopped fine; add three spoonsful of oil and the same of vinegar, and season with salt. The picked meat of a lobster or crab may also be added to this salad.

Corn Salad.

The common sort is used throughout the Winter, and early in Spring, partly as a substitute for small lettuce, and partly to increase the variety of small salad-herbs. The Italian species is also used in salads, and when dressed in early Spring as a spinach, is excellent.

Summer Salad.

Pick fine lettuces, divide and shred them, and mix them with mustard and cress, young onions chopped finely, and salad sauce. Nasturtium-flowers make pretty garnish.

Winter Salads.

Pick and wash endive, celery, mustard and cress; cut them small, add sliced boiled beet-root, and mix with salad sauce; with the boiled white of an egg and beet-root, fanciful garnish may be made; and a head of celery may be curled and placed upright in the salad-dish. In Spring, radishes may be sliced into the salad, and used as garnish.

Mix pickled beet-root, cut celery and endive, or boiled beet-root and Portuguese onions; upon which pour salad sauce and stir up.

Salad of French Beans.

Cut cold boiled French beans, and mix them with salad sauce made with raw instead of boiled eggs.

To dress a Cucumber.

Peel it very thinly, unless the cucumber be very young, when it need not be peeled; slice it thinly into a dish, sprinkle salt and pepper on it, and pour on equal proportions of oil and vinegar.

Italian Salad.

Mix a pint basinful of small salad; peel half a boiled beet-root, take the shells off three hard-boiled eggs, and cut the meat from the joints of a roasted fowl; shape the beet-root, eggs, and fowl, with ornamental cutters, and arrange them with the salad to fancy, or in a mould, and serve with aspic sauce poured over and around it.

Cucumber and chopped parsley may be added to the above.

Lobster Salad.

Cut into pieces the finest parts of the lobster, and mix with salad; the spawn of the lobster being bruised and mixed with the sauce of the salad. It may then be served in a bowl, or deep dish, as other salads.

Lobster salads are also made in moulds, when ornaments of the whites of eggs boiled hard, some cut truffles, gherkins, or beet-root, are placed in the moulds with jelly, lobster, &c.; the whole is set in ice, and when frozen, is turned out of the mould, and served with salad sauce. This is an elegant supper-dish, but should be attempted only by a skilful hand.

German (Fish) Salad.

Cut very thin slices of cold boiled potatoes, and flakes of dressed cod or turbot of the same size; put them into a basin, and pour on them thick salad sauce; soak two hours, when dish the pieces in the form of a pyramid, and cover with the sauce.

Salad of Soles.

Cut fillets of soles, lay them in a dish, and pour on them a mixture of chopped parsley, onion, shallot, salt, white pepper, oil, and vinegar, and soak a few hours; then line a dish with lettuce, dressed as salad, put on the fillets of soles, and pour over a rich thick salad mixture or sauce.

CHEESE AND BUTTER.

Stewed Cheese.

Slice thinly or grate fat cheese into a toaster, add a little ale or porter, and set before a clear fire, occasionally stirring them until the cheese is entirely melted. If the cheese be not very fat, butter may be added.

Or, grate cheese into a saucepan, melt it, and stir in a little cream and a well-beaten egg.

To roast Cheese.

Mix two ounces of grated cheese with the yolk of an egg, two ounces of grated bread, and about an ounce of butter; beat them in a mortar with mustard, pepper, and salt, to a paste, which spread thickly on toast, and warm and lightly brown it in a Dutch oven.

Cheese Toast.

Grate thickly over well-buttered toast, good Cheshire cheese, and lightly brown it before the fire.

Welsh Rabbit.

Cut bread half an inch thick, toast it on both sides very lightly, and cut off the crust; then cut a slice of fat cheese without rind, not quite so large as the toast, upon which lay the cheese in a toaster before a clear fire; watch it lest it burn or get hard, and when the cheese is thoroughly melted, remove from the fire, and season with mustard, pepper, and salt. Some persons prefer the bread toasted on one side only. We give these directions, as a Welsh rabbit is rarely well dressed.

Macaroni and Parmesan Cheese.

Boil half a pound of macaroni in water, with some salt in it, till it is tender, but firm; then drain it, and put it into a stewpan, with two ounces of butter, a quarter of a pound of grated Parmesan cheese, with white pepper, heat and stir the whole till the cheese is melted, when serve.

Or, boil the macaroni in brown gravy, grate Parmesan cheese over it, and serve.

Or, boil the macaroni in milk, broth, or water, drain it, and put it into scallop shells, with pieces of butter, and grated Parmesan cheese; over the top grate more, and add

butter; set the shells in a Dutch oven, brown lightly, so as not to harden. Or, the macaroni may be dressed in a cheese-toaster instead of shells.

Cream will materially improve all dishes of macaroni.

Macaroni and Gravy.

Boil the tape macaroni tender in salt and water, and serve it in brown sauce, into which shred finely dressed ham.

Ramequins.

Put into a stewpan a gill of milk, and one ounce of butter, set it on the fire, and when it begins to boil, stir in three table-spoonsful of sifted flour, or potato-flour; next, stir in two well-beaten eggs, two ounces of grated Parmesan cheese, a tea-spoonful of sugar, and season with white pepper; bake in moulds, or paper cases, in a brisk oven, about twenty minutes.

Fondus with Parmesan Cheese.

Mix in a stewpan a quarter of a pound of butter and two ounces of potato-flour; pour on them a pint of boiling cream, and stir the whole till it becomes a paste; set aside, and when cold, add a quarter of a pound of grated Parmesan cheese, four well-beaten eggs, white pepper, and salt, and a spoonful of sifted sugar; put into deep moulds, allowing for its rising, set into the oven as quickly as possible, and bake one hour. The moulds may be lined with paste.

Deviled Biscuit.

Warm a buttered biscuit before the fire, and spread on it anchovy butter, mixed with currie powder or Cayenne pepper.

Cold Butter

May be served in various ornamental forms, so as to make, when garnished, a handsome dish. For this purpose, box-wood moulds are sold; but, by a little ingenuity, butter may be prettily formed; as in the form of a pine, by rolling the butter, and making the crown or leaves and roughness with the handle of a silver spoon; butter may also be broken into shelly or rocky forms with the bowl of a spoon. It may be surrounded with water-cresses, or with radishes in a star-like form; and, in very hot weather, it should be served in a cooler, with ice around it.

VINEGAR-MAKING.

IT will be economical to make vinegar at home, as it is an article of great profit, and the ingredients are very cheap; or, in some cases, would be thrown away, if not so employed. Such are the fruits from which wine has been made.

Vinegar-making requires great attention, especially to the casks used for it; they should not remain empty to grow musty; and a cask that has not before contained vinegar, should have boiling vinegar poured into it, and be allowed to stand some hours.

Ropiness in vinegar should not discourage the maker: it is not a defect in the domestic process only, but is incidental to all vinegar made by fermentation; though less likely to occur in wine-vinegar, which is the purest kind.

Raisin Vinegar.

Lay in a tub the raisins, stalks, &c., from which wine has been made, and let them heat three or four days; add eight gallons of water, nearly boiling, to every fifty-six pounds of raisins; beat the mash, and stir it often during eight and forty hours; then strain, and press the raisins, and put the liquor into a barrel, with a little yeast, to work; when the fermentation is over, cover the bung-hole with a piece of tile or slate, and set in a warm place, until the vinegar is perfect. Keep it in a cool place; and if it be not clear, mix with it a solution of isinglass, and, after due subsidence, the vinegar will be clear and bright, and may be bunged down.

Low-priced sugar mixed with the raisins will much improve this vinegar.

Wine Vinegar.

In some country districts, persons keep in a place where the temperature is mild and even, a *vinegar cask*, into which they pour any spoiled or sour wine; and it is always kept full by replacing the vinegar drawn off by new wine. To establish this household manufacture, it is only necessary to buy, at first, a small cask of good vinegar.

Malt Vinegar.

Pour on a bushel of ground malt, ten gallons of hot water

mash it well, and, after the usual time, draw off the wort, as in brewing; work it with yeast, and in thirty-six hours, rack it into a cask, with a bit of slate over the bung-hole; set it in a sunny place without-doors in the Summer, or in a warm place in-doors in the Winter.

The refuse of raisin wine, or a quantity of low-priced raisins, if put into the cask, towards the end of the process, will improve the flavour of the vinegar.

Fruit Vinegar.

For the sake of economy, currants and gooseberries are employed for the double purpose of making wine and vinegar; the juice being used for the wine, and the pulp and husks for the vinegar. The latter are infused in hot water, and stirred occasionally, for three weeks; the liquor is then strained, and to every gallon is added one pound of strong coarse sugar, and a table-spoonful of yeast; work four or five days, then rack into a cask, and let it stand with a tile on the bung-hole for ten or twelve months; when bung up, or bottle.

Cider Vinegar.

Fill nearly a cask with cider, set it in a warm situation, with the bung-hole loosely covered, as above; the cider will then begin to sour, and in six months will become vinegar. It should then be racked off, and kept either in bottles or casks, taking care to decant it when it gets thick or *mothery*. Should the vinegar prove weak, it may be strengthened by the addition of small quantities of sugar. Cider that has not kept well and has soured, will be the most economical and convenient for conversion into vinegar; the change will also be effected in a shorter space of time.

Fine Sugar Vinegar.

Dissolve eight pounds of common loaf sugar in six gallons of hot water; when it has cooled to about blood-heat, if in Winter, mix with it half a pint of yeast and ferment till it is not sweet; if in Summer, a fermentation will spontaneously arise after a few hours (to be known by froth and air-bubbles), and continue until all sweetness disappears. The liquor, then about five gallons, should be decanted from the sediment, and put into a cask, but not quite to the bung-hole, which should be loosely covered; the cask should

be set in a sunny place; or kept beside the kitchen fire. After a few weeks, according to the heat, the liquor will be somewhat sour, and in about eight months, it will become vinegar; it should then be decanted, and if not clear, fined with isinglass, bunged up, and left for a fortnight; the vinegar will then be transparent and almost colourless, and it may be drawn off and bottled, and kept cool. If the vinegar get thick, it must be decanted, strained, and again bottled.

If it be not Summer, especially if it be in Winter, it will be necessary to keep the liquor beside the fire during the whole time of the process, or until it becomes vinegar.

To strengthen Vinegar.

Expose a vessel of vinegar to the cold of a very frosty night; next morning, ice will be found in it, which, if thawed, will become pure water. The vinegar being freed from so much water, will, consequently, be more acid than before; and the vinegar may thus be frozen again and again, until it becomes of the desired strength.

To prepare Verjuice.

Press unripe grapes or gooseberries, without bruising the seeds, and strain the juice through a linen cloth; bottle it and expose it uncorked to the sun for six or seven days. The liquor will ferment, and the bottles must be filled up every morning. When the fermentation has ceased, decant the liquor into other bottles, cork them and store them, for use.

Verjuice is much used in France as a Summer beverage; a little syrup or sugar being mixed with it, and water then added. Gooseberry verjuice is commonly used; and when mixed with sugar, it is coloured and sold by the confectioners of Paris under the name of *sirop de groseilles*, syrup of currants.

PICKLING.

THE perfection of pickling is to saturate, or soak, the articles with vinegar, and, at the same time, to keep them crisp. Old pickles are rarely crisp, but they are of much finer flavour than new ones; the respective flavours of the vinegar and spices being thoroughly mixed, which will not be the case in newly-pickled articles.

The best vinegar should be used for pickling. In all cases, it should be boiled, as raw vinegar becomes ropy, and will not keep. Oilmen usually boil vinegar three or four times, or *so long as any scum rises*. But it must be remembered that neither vinegar, nor any other fermented liquor, can be boiled without loss of strength and quantity.

Vinegar should not be boiled or kept in metal vessels, as it will dissolve the lead contained in the tinning, also corrode copper and brass, and, consequently, prove poisonous. To avoid this, it is advisable to heat the vinegar in a stone-vessel on a stove; but not in *glazed* vessels, as vinegar will dissolve the lead which is in the glaze: that which is cream-coloured is most objectionable.

The articles to be pickled should be first soaked in a brine of bay-salt and water, or they will be ready in less time if par-boiled in the brine: in either case, the articles should be cold, and *quite dry*, before the vinegar is poured upon them. They will be best dried in a basket, sieve, or cullender.

The spices used for pickling are whole pepper, long pepper, allspice, mace, mustard-seed, and ginger; the latter being first bruised. Garlic and shalots are also mostly used.

The following is a good general proportion of spice:—To each quart of vinegar put half an ounce of whole black pepper, the same of ginger and allspice, and one ounce of mustard-seed; with four shalots, and two cloves of garlic.

Home pickles are not required to keep so long as those for sale, consequently, the vinegar need not be so often boiled; it should, however, be almost invariably poured through a sieve upon the articles to be pickled. The jar should be covered for a time, say with a plate or board, but not tied over, so as to confine the steam.

The principal season for pickling is July and August, when

most articles are in season : some are late, as tomatas, garlic, shalots, beet-root, and red cabbage.

Walnuts should, however, be looked for from the middle of July ; none are fit for pickling unless they can be pierced with a fork : in hot and dry seasons, they will become hard and shelled in ten days from their coming into season, when they will be useless for pickle.

Vegetables for pickling should be very fresh : some, as cabbages, will get stale in a day or two, after which they cannot be recovered.

Pickles should be secure from the air, else they will soon become soft ; the jars in which they are kept should be tied over with bladder ; a wooden spoon, or ladle, should be used for taking the pickles out ; and, in all cases, the articles should be covered with vinegar, at least two inches above their surface. The least quantity of water, or a wet spoon put into a jar of pickles, will spoil the contents.

Indian Pickle, or Piccalili.

An excellent pickle, in imitation of the Indian, may be prepared of the following articles :—gherkins, cauliflowers, French-beans, radish-pods, white cabbages, carrots, samphire, celery, capsicum, and onions ; but, as most of these require more or less pickling, and much depends on the liquor, the preparation of the pickle altogether requires considerable care to ensure success. Indeed, all the articles are best pickled separately, and then mixed in the “Indian” liquor ; but this is rarely done, except in preparing large quantities.

Pickle the gherkins, cauliflowers, and French-beans separately, as hereafter directed ; the remainder of the articles may be soaked in brine, and drained, the carrots only requiring to be boiled in the brine to ensure softness. If white cabbage be added, it should be merely salted and drained. Then mix all together, and prepare for them a liquor as follows :—Into one gallon of vinegar, put four ounces of bruised ginger, two ounces of whole black pepper, two ounces of whole allspice, one ounce of bruised chilies, six ounces of shalots, and two ounces of garlic : boil them together half an hour, mix with some liquor in a basin two ounces of turmeric, and four ounces of flour of mustard, and stir in gradually ; then pour the liquor and spice over the vegetables. A few melon-man-

goes, prepared as below directed, and cut into slices, make an excellent addition to this mixture. Indeed, any vegetable, except red cabbage, may be put into this pickle. Unripe fruits are also added, but do not improve it: walnuts should not be introduced.

To pickle Melon-Mangoes.

Cut the melons in half, take out the seed and pulp, and soak the halves in strong brine four or five days; then fill them with mustard-seed, garlic, and the usual spices, and bind them together with bass or pack-thread. Put them into jars, and pour boiling vinegar over them four successive days. Before they are sent to table, they should be untied, and the spices taken out. Large cucumbers may be similarly pickled.

Melons thus pickled are a fine imitation of Indian mangoes; though, to keep up the resemblance, they should be a year or two in pickle, and be peeled before they are served. Green peaches are also pickled to imitate Indian mangoes.

To pickle Cauliflowers.

Choose those that are firm, remove the leaves and stalks, and break the flowers into handsome pieces. Put them into a stewpan with brine; set on the fire, and, when it boils, take out and drain the cauliflower: put it into a jar, and pour on it boiling spiced vinegar, with a little turmeric in it, to colour the cauliflower.

To pickle Mushrooms.

Select the smallest buttons, rub them with flannel and salt, removing any red inside, and rejecting such as are black underneath. As they are cleaned, throw them into cold water, to keep their colour; then put them into a stewpan, with some salt, over a slow fire, until they are dry, when cover them with distilled vinegar, and warm: put them into wide-mouthed bottles, with a blade or two of mace in each, and, when quite cold, cork, and cement.

To pickle large Mushrooms.

Pick them carefully, and take out the stalks; put them into a jar, and pour on them boiling spiced vinegar, with a little salt in it.

To pickle Beet-root.

Wash it, but do not cut off any of the rootlets; boil or bake it tender, peel it, or rub off the outside with a coarse cloth, cut it into slices, put them into a jar, with cold boiled vinegar, black pepper, and ginger. This is one of the most ornamental pickles brought to table.

To pickle Onions.

Choose all of a size, peel them, and pour on them boiling salt and water; cover them up, and, when cold, drain the onions, and put them into jars or bottles; for *white*, or *silver*, fill up with hot distilled vinegar; for *brown*, white wine vinegar; in either case, adding ginger, two or three blades of mace, and whole pepper.

The onions are sometimes put into milk and water immediately after they are peeled, to preserve their colour.

Another method, by which crispness is ensured, is to soak the onions in brine for three or four days, then drain them, and pour on them cold boiled vinegar with spice.

To pickle Spanish Onions.

Peel the onions, and soak them, in cold salt and water for twelve hours; boil the spice in vinegar, and let it remain till it is cold: drain the onions dry, pour the vinegar upon them, and in a few days they will be fit for use.

Elder Pickle.

Cut the tender young shoots of the elder-tree, peel them, and soak them twelve hours in brine; drain, and dry them; then boil in two quarts of vinegar, two ounces of ginger, two ounces of whole black pepper, and the same of allspice: pour it boiling upon the elder-shoots in a jar, and cover up. If they be not green, when cold, boil the vinegar again, and pour over. The flower-buds of the elder-tree, with boiling vinegar poured over them, make a nice pickle, and a substitute for capers.

To pickle Capsicums.

Soak green capsicums three or four days in brine, drain them, put them into jars, with mace and allspice, and fill up with cold boiled vinegar. Red capsicums will not require soaking but should be quite dry.

To pickle Radish Pods.

Choose them young, cut off the ends, soak them in brine three or four days; then drain them, and pour on them boiling vinegar, with spices.

To pickle Walnuts.

Soak them in brine for a week; then prick them, and simmer them in a stewpan with the brine; lay them on a sieve to drain, and turn *black*, if in the sun the better. Next put the walnuts into jars: boil whole pepper, ginger, and allspice, in vinegar, and pour it hot, with the spice, over the walnuts: add mustard-seed, and garlic or shalots.

To pickle Gherkins and French Beans.

Choose fine young gherkins, as free from spots as possible, soak them in brine for a week; then drain them, pour boiling vinegar, with the usual spices, upon them, having covered them with fresh vine-leaves: if they be not of a bright-green colour, pour back the vinegar, boil it again, and pour it over the cucumbers, having covered them with fresh leaves. Or, the gherkins may be boiled a few minutes in the vinegar.

French Beans are pickled as above, and, with gherkins, are the most difficult of all vegetables to pickle, so as to preserve their fine green colour and crispness: in case of failure, it may be restored by pouring boiling vinegar over the beans or gherkins every day, taking care to confine the steam.

To pickle sliced Cucumbers and Onions.

Slice, but do not peel, large cucumbers, and peel, and cut in thick slices, large onions; put them into a pan, mix common salt with them, cover them, and let them stand for a day; then drain them, put them into jars, and pour on them boiling vinegar, with ginger, allspice, and whole black pepper, three successive days. This is a cheap and good pickle.

To pickle Red and White Cabbage.

Choose the purple red cabbage, take off the outside leaves, quarter them, cut out the stalk, shred the cabbage into a cullender or small basket, and sprinkle it with common salt: let the cabbage remain a day or two, when drain it, put it into jars, and fill up with boiling vinegar, the usual quantity of ginger and black pepper, and a few grains of cochineal, powdered, or a few slices of beet-root.

Or, if the boiled vinegar be poured cold over the cabbage, it will better insure its crispness; though the cabbage will not keep so long as when pickled with boiling vinegar.

White Cabbage may also be pickled as above, with the addition of a little turmeric powder.

To pickle Nasturtiums.

Choose them young, and soak them twelve hours in brine; drain, and pour on them boiling vinegar, with whole black pepper and allspice. They are sometimes used as economical substitutes for capers; and the flowers and young seeds are used in salads.

Pyroligneous Acid.

This acid is applicable to all the purposes for which vinegar is employed, and, if diluted with water, will form vinegar of any strength. One pint of the acid, and six pints and a half of water, will form the strongest pickling vinegar, called No. 24. One pint of the acid, and nine pints of water, are equal to the excellent pickling vinegar, called No. 22; which is proper for pickling most kinds of vegetables, for salads, table, or culinary and family uses. In diluting the acid with water, it is only necessary to stir both well together.

This acid, also, if applied to meat, fish, or game, will completely remove must, taint, or incipient putrefaction. It is used in the same manner as brine for immersing raw or cooked meats, without adding salt or spice.

VEGETABLES.

To dress Vegetables.

VEGETABLES should be fresh gathered, and washed quite clean; when not recently gathered, they should be put into cold spring water some time before they are dressed. When fresh gathered, they will not require so much boiling, by a third of the time, as when they have been gathered the usual time those in our markets have.

Vegetables require careful shaking, to get out any insects; the outside leaves should also be neatly picked off.

To restore frost-bitten vegetables, lay them in cold water an hour before boiling, and put a piece of saltpetre with them into the saucepan when set on the fire.

Soft water is best fitted for boiling vegetables; but, if only hard water can be obtained, put into it a tea-spoonful of salt of tartar. This may also be added when green vegetables do not easily boil tender in soft water.

All vegetables (except carrots) should be boiled by themselves, and in plenty of water. Salt should be put into the saucepan with green vegetables; and the water should be skimmed before they are put in. Fast boiling, in an uncovered saucepan, will preserve their green colour. When they sink, they are done, and should be taken out and drained, else they will lose their fine colour, crispness, and flavour.

Green vegetables, generally, will require from twenty minutes to half an hour, fast boiling; but their age, freshness, and the season in which they are grown, require some variation of time. They should, almost invariably, be put on in boiling water.

Vegetables are very nutritious and wholesome, when thoroughly boiled; but are very indigestible when not sufficiently dressed. The principal points in cooking them are, to boil them so soft as to be easy of digestion, and sufficiently to get rid of any rankness, without losing their grateful flavour.

To boil Potatoes.

Not a little depends on the cooking of potatoes. Some will not bear the peel to be taken off before boiling, others seem to be the better for it; and experience must determine whether they are to be boiled with or without the peel on.

Potatoes should be, as much as possible, of the same size.

A good method is, to boil them three or four minutes, with a little salt in the water; then to pour off the hot water, fill up the pot with cold water, and put into it a piece of unslaked lime, half the size of a walnut, to four pounds of potatoes; when done, pour off the water, and set the saucepan over the fire a minute or two, to dry the potatoes.

In Lancashire, potatoes are admirably dressed; they are first peeled, and the larger are cut into pieces of the same size as the smaller ones, so that they may be boiled equally; and, when done, they are drained and dried as above.

The Scottish method is to wash the potatoes, and scrape or pare off the peel as thin as possible, the outside of the potato being thought the best. Soak them in water, covered, an hour and a half or two hours, wash them, put them into clean cold water, with a handful of salt, and boil, the quicker the better.

The Irish mode of dressing potatoes is to wash, but not scrape, them, and, at the thickest end, to cut off a piece the size of a sixpence; this allows the steam to escape, prevents the skin breaking, and thus keeps the potato dry and mealy.

Or, peel the potatoes, set them on in boiling water, in an *iron* saucepan, and let them boil till nearly done; then strain off the water, sprinkle a little salt upon the potatoes, cover them closely, and set them near the fire for ten minutes, when they will be dry and mealy.

Or, set the potatoes on to boil, with the peel on, and, when half-done, throw in salt, and some cold water; then boil till nearly done, when drain off the water, cover the potatoes with a cloth and the lid of the saucepan, and leave them to steam.

The *potato-saucepan* is a safe and simple contrivance for cooking potatoes by steam: it consists of a saucepan with a drainer on feet, beneath which is poured about a pint of water, which, as it boils, rises in steam through the potatoes. They should be taken off the moment when done, else, the water having boiled away, they will become burnt.

New Potatoes.

Clean them with a brush, or coarse cloth, and set them on in boiling water; take them off in time, else they will be watery.

Potatoes under Meat.

Set on potatoes to boil; when almost done, take them out,

peel them, and put them in a dish beneath a joint that is nearly roasted: when they are browned on one side, turn them, and brown the other.

To fry Potatoes.

Peel and slice them thinly, or cut them as you would divide an apple; dry them, and put them into boiling lard or dripping, and move the pan until the potatoes are crisp, when they may be taken out, drained upon a sieve, and served, with salt.

Or, half-boil potatoes, peel them, and fry them, whole, till they are brown, when drain them dry.

Mashed Potatoes.

Boil old mealy potatoes, pick out the specks, and rub them to flour, (if through a eullender the better,) into a stewpan; add butter and milk, beat smoothly but not too thick, and warm together. They may be served in a dish, or in scallop-shells, and be browned in a Dutch oven before the fire.

To glaze Potatoes.

Boil and peel them, cover them with yolk of egg, and brown before the fire.

Roasted and Baked Potatoes.

To ensure their being done, half-boil potatoes, and finish them in a Dutch oven before the fire; in wood ashes; or send them to the baker's in a dish

Potato Balls.

Make mashed potatoes into balls with egg yolk, flour them, fry them in dripping, and drain them; or brown before the fire.

Ragoût of Potatoes.

Fry potato-balls, as above, drain them dry, and serve them covered with brown sauce.

Potatoes, à la Maitre d'Hôtel.

Boil them, firm, peel them, and slice them somewhat thickly; have ready, and pour over them, melted butter, with pepper, salt, and finely-chopped parsley, sprinkled into it, with a little lemon-juice.

Oxalis Crenata.

This plant has been recently brought from South America, and promises to be an auxiliary to the potato. Its stalks may

be peeled, and used like those of rhubarb in tarts; and the tubers or roots may be dressed as potatoes; set them on the fire in boiling water, and when they become rather soft, pour off the water, and place some hot cinders near the lid of the saucepan, which will thoroughly dress them, and render them dry and mealy.

To boil Cabbage and Greens.

A full-grown cabbage, quartered, will require an hour's boiling; a young one, half that time. Greens will require about twenty minutes' quick boiling. In both cases, salt should be put into the water.

Savoys should be boiled whole, and quartered before serving.

It has been recommended to boil cabbages in two waters; that is, when they are half-done to pour off the water, and add fresh boiling water.

Be careful to press the greens as dry as possible.

Sauer Kraut.

Shred very finely six white cabbages, having cut out the stalks; mix with them half a pound of salt, and press them as closely as possible into a cask; put over a cloth, then a wooden cover, and upon that a heavy weight; let it stand in a warm cellar two months, keeping the liquor that rises on it, and it will be fit for use: it should then be removed to a cooler place. In Germany, half an ounce of juniper berries, aniseed, or caraway seeds, would be added to the above; but this is not recommended for English taste.

To dress Sauer Kraut.

Put a quart into a stewpan with a little butter, and half a pint of weak gravy; stew gently until tender, and serve under boiled pork or beef, or sausages, boiled or fried.

The Bavarian method of dressing sauer kraut is, after it has been boiled, to mix it with butter and red wine.

To stew Cabbage.

Parboil it in milk and water, and drain it; then shred it, put it into a stewpan, with a small piece of butter, a small tea-cupful of cream, and seasoning, and stew tender. Or it may be stewed in white or brown gravy.

To stew Red Cabbage.

Shred finely half a cabbage, and put it into a stewpan, with a tea-cupful of gravy and two ounces of butter; stew

slowly till tender, season with salt, and serve. To heighten the colour of the cabbage, a slice or two of beet-root may be added, but should be taken out before serving.

To boil Cauliflowers.

Trim them, and soak them in cold water an hour; then put them on in boiling water, with a handful of salt in it; skim, and boil, if a small one, fifteen minutes, if a large one, twenty minutes; take up immediately they are done, or they will be spoiled. Sometimes a spoonful of flour is mixed with the water they are boiled in; or they are boiled in milk and water, to preserve them white. Serve with melted butter.

Cauliflower and white Sauce.

Boil a cauliflower ten minutes, then cut it into moderately sized pieces, simmer them in a stewpan with white gravy about twenty minutes, adding a blade of mace, white pepper, and salt; thicken with cream, butter, and flour, simmer and serve.

Cauliflower with Parmesan Cheese.

Boil a cauliflower, dish it, and pour over it white sauce, made as in the last recipe; grate over it Parmesan cheese, and brown it with a salamander.

In either of the two last recipes, melted butter may be substituted for white sauce.

To boil Brocoli.

Peel the stalks, and boil them fifteen minutes with a little salt in the water; tie the shoots into bunches, and boil half the above time; serve with melted butter, or toast.

Brussels Sprouts.

Pick nicely, wash and soak them in cold water an hour; then put them on in boiling water, with salt, and boil till tender.

At Brussels, the sprouts are sometimes served at table with a sauce of vinegar, butter, and nutmeg, poured upon them hot after they have been boiled.

Hop tops, and the tops of young green nettles, boiled as above, are eaten in the Spring.

To boil Spinach.

Pick it leaf by leaf, and wash it two or three times; pour into a saucepan a pint of water, press in the spinach, sprinkle

it with a little salt, and cover closely; boil it till tender, frequently shaking the saucepan; squeeze it in a cullender as dry as possible, and serve scored in squares in the dish. It may also be chopped finely, and pressed into a mould or shape. If the spinach be bitter, boil it in water.

To stew Spinach.

Boil spinach as above, squeeze it dry, and mince it; put it into a stewpan, with some fresh butter, a tea-cupful of cream or rich gravy, and the beaten yolks of two eggs; add, with salt and pounded mace, the juice of half a lemon, and simmer together. Serve with small triangular pieces of toasted or fried bread in it.

Spinach and Sugar.

Having dressed and chopped the spinach, as directed in the last recipe, put it into a stewpan upon a lump of fresh butter, and let it dry gently over the fire; dredge it with a little flour, add salt, with some warm cream, sugar, and a little grated nutmeg, and simmer for ten minutes; then serve it on sippets, with pounded lump sugar sifted over it.

To boil Green Peas.

Having shelled them, put a tea-spoonful of white sugar and some salt into the water, and when it boils, put in the peas, with a small bunch of mint; boil twenty minutes, or until they are done; then drain them in a cullender; put a piece of butter into the dish with the peas, stir them about, and serve.

A peck of peas will require a gallon of water to boil them in.

To stew Green Peas.

Put into a stewpan a quart of peas, one onion, two ounces of butter, a sprig of mint, a tea-spoonful of white sugar, and two table-spoonsful of gravy; stew till soft, when take out the onion and mint, and thicken with flour and butter. A lettuce is sometimes stewed with them.

Peas dressed together should be as nearly one size as possible, else some only will be properly done. To ensure this, the peas should be passed through a coarse sieve.

To stew Old Peas.

Soak a quart of good boiling peas in water an hour, and put them into a stewpan, with weak gravy, a slice of lean

baeon, and a tea-spoonful of white sugar; stew till tender, when take out the baeon, and mix well with the peas a beaten egg or two, and a bit of butter rolled in flour.

To boil French Beans.

When early and young, they should be clipped and cut finely or almost shred, and thrown into cold water; then put them on in boiling water with some salt, and boil till tender.

When the beans are older, cut off the ends, strip off the strings, and cut each bean into four or eight pieces; and boil as above.

To preserve the fine green colour of beans, cover them as soon as done with melted butter.

French Beans fricasseed.

When nearly boiled tender, strain the beans, and put them into a stewpan with a tea-cupful of white gravy; add two table-spoonfuls of cream, a little butter and flour, simmer a few minutes, season, and serve.

To boil Windsor Beans.

Shell and wash them, and boil them with some salt in the water, from fifteen to twenty minutes, or till they are tender. Serve with parsley and butter, unless they are to be eaten with boiled baeon or pickled pork.

Windsor Beans, fresh.

Choose beans of a fine green colour, boil and blanch them without breaking, and simmer them in white sauce, or parsley and butter, with a few green onions finely chopped and sprinkled in; season with salt, and serve.

White Haricot Beans.

The beans are to be purchased at the seedsman's. Soak a pint a few hours in water, and boil them tender, very gently; strain, and mix with the beans two ounces of butter, one or two shalots minced finely, and a pint of white sauce; simmer a few minutes, and season with salt and pepper. This is a favourite dish on the Continent; in this country, it is mostly eaten with roast mutton.

To fry Celery.

Boil the celery tender, as for stewing, dip it in batter, and fry brown, in butter or fat.

To stew Celery, white and brown.

Trim the celery, using only the white and tender parts, and cut them the length of the dish; stew them tender in weak white gravy, when thickened with a little cream, the beaten yolks of two eggs, and flour and butter; season with pepper, salt, and a little pounded mace, and warm together.

To stew celery brown, put it into brown gravy, and thicken as above.

Celeriac, or Celerie Rave,

Is more easily and less expensively cultivated than celery, and may be used in the kitchen for seven or eight months in succession. The following is a cheap and elegant mode of dressing it. Pare the roots, and cut them into very thin slices: then boil them gently till tender, in broth, or in seasoned water, and a slice of butter added. Dish them by pouring over them melted butter, or white sauce.

Or, boil them until a fork will pass easily through them; and, when cold, eat them with oil and vinegar. In Germany, they are made into a common salad.

To stew Endive.

Wash and trim eight or ten heads of endive, and blanch them in hot water; then put them into cold water, drain them, and stew them in white or brown gravy, enough to cover them, till tender; season with salt, add a tea-spoonful of white sugar to the gravy, and thicken with flour and butter.

Lettuces may also be stewed as above, or with green peas

To stew Sorrel.

Pick and wash sorrel, and put it into a stewpan, with a little butter; stew very slowly, and when tender enough, beat it to a paste, and serve as spinach.

Eatable Gourds.

The cheese gourd is mostly preferred: though the cookery is more important than the kind. The Spanish method is as follows:—When ripe, cut the fleshy parts of the gourd into slices, about half an inch thick; score it across into small dice about half through one side of the slices: scrape a little of the fat of bacon into a saucepan, with some chopped parsley, shalots, and mushroom, adding a little salt and pepper; fry them lightly, and spread this seasoning upon the

cut sides of the gourd slices. Put the whole into a quick oven, with a little butter, or olive oil; and when baked lightly, serve in the dish.

Gourd Stew.

Cut into pieces the fleshy part of a ripe gourd, into a stewpan, add a small piece of butter, and set it upon a slow fire until it become a thin pulp; then add half a gallon of milk to every fourth gourd, boil a short time, adding a little salt and sugar, and serve poured over dice of toasted bread.

Vegetable Marrow.

Choose fruit about half-grown: cut it lengthwise through the middle, or, if large, into three or four slices; take off the outer skin, and cut into dice about half through the slices; put into a pan some scraped fat of bacon, with a little chopped parsley, shalots, and mushroom, and fry lightly, adding a table-spoonful of flour, with salt and pepper; then put the slices of vegetable marrow into the stewpan, strew the seasoning over them, cover closely, and stew very gently over a slow fire, with hot cinders on the cover.

Vegetable marrow, when very young, is good cut in thin slices, and fried in batter; or plainly boiled, and served with melted butter.

To boil Asparagus.

Scrape clean the stalks, and throw them into cold water; tie them in bundles of about twenty each, with bass or tape, and cut the stalks even. Put them into boiling water, with a handful of salt, and boil half an hour, or until they are tender at the stalk. Having toasted a round of bread, dip it into the water in which the asparagus were boiled, lay them upon the toast, the white ends outwards each way; and serve with melted butter.

Sea Kale.

Tie in bundles, boil in milk and water, and serve upon toast, with melted butter, in a boat.

Sea kale cannot easily be over-cooked; after being well boiled, it should be thoroughly drained, and then suffered to remain a few minutes before the fire.

Borecole, or Scotch Kale.

The ribs of the outer and large leaves, when divested of

their green parts, and well boiled, make a good dish, somewhat resembling Scotch kale.

To dress Beet-Roots.

Wash, but neither scrape nor cut them, and put them on in boiling water, with salt; they will require from an hour and a half to three hours' boiling, according to size; they may then be peeled, sliced, and simmered in weak broth, and served with boiled button or roasted large onions. Cold boiled beet-roots are much used in salads.

The leaves of white beet-roots are dressed and eaten as spinach.

Beet-roots, boiled well, diced, and sent up hot, form an excellent accompaniment to roast meat; as do also fried parsneps.

To boil Carrots.

If the carrots be old, scrape them, put them on in boiling water, boil them an hour, and cut after they are boiled: when young, do not scrape them, boil less time than the above, and wipe off the skin with a coarse cloth after they are boiled.

The best method of cleaning carrots, parsneps, potatoes, celery, &c., is with a brush kept for the purpose, and plenty of cold water.

To stew Carrots.

Put them on to boil, take them out when half-done, remove the skin, and slice them into a stewpan; add some weak gravy, and simmer till they are tender; then season with pepper and salt, thicken with flour and butter, and serve. A little cream will be a fine addition.

To boil Parsneps.

Parsneps are cooked as carrots; but they do not require so much boiling, and are sometimes served differently, being mashed with some butter, a little cream or milk, and seasoned with pepper and salt.

Parsneps are also excellent fried.

Fricasseed Parsneps.

Boil them soft in milk and water, then cut them into pieces half the length of the dish; simmer them in weak broth, thicken with flour and butter, add a little cream, and season with white pepper and salt.

To boil Turnips.

Peel them, and put them on in boiling water, with some salt; boil them gently till tender, when take them up, drain them, and serve immediately. If sliced, they will require much less boiling than when whole.

To mash turnips, put them when boiled into a saucepan, with some butter, milk, or cream, pepper and salt; beat them smoothly, and warm them.

Very young turnips are boiled with an inch or two of the green tops on them; they require much less boiling than old turnips, and are served whole with melted butter over them; or, they may be stewed whole in milk, thickened with flour and butter, and seasoned with white pepper and salt.

The long French spindle-shaped turnip is of great excellence, and is much used in Germany, generally stewed.

Turnip-Tops

Should be nicely picked, (as the full leaves are coarse and strong,) and thrown into cold water an hour before boiling; put them on in plenty of boiling water, with salt, and they will be done in about twenty minutes; when press them dry.

To stew Cucumbers.

Peel and slice cucumbers, or halve them lengthwise, take out the seeds, drain them, flour, and fry them brown in fresh butter; drain them on a sieve, and put them into a stewpan with gravy to cover them; stew till tender, when take out the cucumbers, thicken and season the gravy with pepper and salt; then put in the cucumbers, simmer, and serve together. Sliced onions fried, or small button onions, are sometimes stewed with cucumbers. They may likewise be served with white or brown sauce.

Another method is, to peel and halve the cucumbers, take out the seeds and pulp, and fill their place with veal stuffing; put them into a stewpan with gravy, an onion, and a table-spoonful of vinegar; stew till tender, when strain, thicken and season the gravy, and serve over the cucumbers.

To boil Onions plain.

Peel them and soak them an hour in cold water; put them into boiling milk and water, boil them till tender, and serve with melted butter. Or, boil the onions in two waters.

To stew Onions.

Peel them, flour, and fry them in a little butter, a light brown; then put them into weak gravy, season, and stew slowly two hours. Dish them up-side down, with the sauce over them. In peeling, be careful not to cut the top or bottom too closely, else the onion will not keep whole.

Baked, or roasted Onions.

Put them, as taken from the store-room, into a tin, and bake in a moderate oven; or, roast in a Dutch oven. Serve with cold butter in a small plate. The outer peel should not be removed until the onions are to be eaten.

The Spanish or Portuguese onions should be chosen for stewing, baking, or roasting.

Ragoût of Onions.

Boil button onions, peeled, until they are tender; put them into brown sauce, and add salt.

Or, having peeled the onions, brown them in a Dutch oven, and put them into a stewpan with any meat bones, a slice of lean bacon, a little water, and some pepper; stew them till tender, when take out the bone and bacon, and thicken the gravy.

The onions should be spread in one layer in the stewpan.

Garlic and Roast Mutton.

Peel the garlic, throw it into five different boiling waters, with a little salt, and boil five minutes in each: then drain it, and put it into the dripping-pan, under the roasting mutton.

To dress Mushrooms.

The large flap mushrooms may be broiled, well seasoned, and served very hot, with cold butter. The buttons may be stewed tender in milk, having first been carefully peeled; serve with sippets of toasted bread.

To stew Mushrooms.

Choose the large buttons and small flaps, peel them, and remove the stalks and fur; put them into a stewpan, with a little butter, lemon-juice, pepper, and salt; and stew them till tender; then add some cream, thicken with flour, and serve with sippets.

Mushrooms may also be stewed as above, and simmered in white or brown sauce. Or, they may be stewed in gravy only.

See the directions for choosing mushrooms, at page 41: in all cases, suspected kinds should be rejected.

To stew Truffles.

Clean green truffles, put them into a stewpan with some glaze, and white wine to cover them; boil, and then set aside to simmer an hour, when take them out, and serve very hot in a napkin.

Truffles are likewise served in brown sauce, and make a first-rate dish.

Morels.

Wash them, fill them with veal forcemeat, braize them, and serve them with white or brown sauce.

To dress Chardoons.

Cut them up, tie them in bundles, and boil as asparagus, serving them on toast, with melted butter. Or, having boiled them tender, fry them brown in butter and flour. Or, serve them, after boiling, in white or brown sauce, seasoned with salt and Cayenne pepper.

Cale Cannon

Is a favourite dish in Ireland, and consists of boiled mealy potatoes, mixed with chopped boiled cabbage, and heated in a stewpan with a little butter, pepper, and salt; it may be served in a mould. Or, the potatoes may be chopped, fried in butter, and seasoned.

To boil Artichokes.

They are better if kept two or three days; trim them, put them into boiling water with some salt, and boil an hour or more, till tender; drain them, clip off the points of the leaves, and serve with melted butter in as many cups as persons. In France, artichokes are eaten with oil or thick butter and vinegar.

Fried Artichokes.

Cut the artichokes in quarters, trim the leaves, and take out the chokes; blanch them in hot water till nearly tender, drain them, lay them two hours with oil, vinegar, pepper, and salt; next dip them in batter, fry them in boiling lard, and serve on a napkin.

Artichoke Bottoms.

Half-boil the artichokes, remove the leaves and chokes,

put the bottoms into jars, cover them with brine, and tie over. Or, the bottoms may be dried in an oven, and kept in close jars. To be dressed, they should be soaked in warm water two or three hours, and then plainly boiled, and eaten with melted butter; or stew them in gravy. They are also used to enrich made dishes and meat pies.

Artichoke bottoms are likewise served with a spoonful of tomato sauce poured into each.

Jerusalem Artichokes

May be dressed as potatoes. A good method is to peel or scrape them, boil them in milk and water, and serve them with white sauce, or melted butter. If not taken up the moment they are done, they will be too soft.

Salsifis and Scorzonera.

Scrape them and soak them in cold water with a little vinegar in it; boil them, with salt and a tea-cupful of vinegar in the water; drain, and serve with melted butter.

Or, they may be fried as artichokes: or, they may be boiled or stewed, as carrots or parsneps. The roots are fit for use in October, and continue good till the following Spring.

To dress the Fruit of the Egg-plant.

Split each egg lengthwise into three pieces; let each piece be scored, well rubbed with salt, and set to drain for two or three hours; after which, soak the pieces in water until the salt is extracted; then pepper, and fry them in butter with crumbs. When served, the pieces will appear thin and flat.

Laver

Is a reddish kind of sea-weed, forming a jelly when boiled; when fresh from the sea, it should be thoroughly washed, drained, and baked soft; it should then be put into small jars, covered with hot mutton suet, and tied over with bladder, closely, else it will spoil.

Laver is dressed by warming it, (if in a silver dish, over a lamp, the better,) with an ounce of butter, very little salt, and the juice of half a lemon or Seville orange to a half pint of laver: serve very hot with roast meat.

Laver, served in the dish or saucepan, is a fine accompaniment to roast mutton.

PUDDINGS.

General Directions for making Puddings.

MANY of the directions for making pastry apply also to the preparation of puddings.

The freshness of all ingredients of puddings is of much importance; as, fresh-ground flour, pure milk, new-laid or sweet eggs, fresh suet, and fresh butter, or washed salt butter.

Suet makes light pudding crust: beef suet is best, next mutton, and then veal. Beef marrow is sometimes substituted for suet in puddings, which it much enriches. Dripping may also be used for common crust; but neither dripping nor butter will make crust so light as suet.

Dried fruits for puddings should be carefully picked, and sometimes washed. Currants may be plumped out by pouring boiling water upon them; they should be dried on a sieve or cloth before the fire. It is a good plan to pick them, in large quantities, upon a tinned sheet, as, in rubbing them on it, any stone or grit may be detected by its noise.

Raisins should be stoned with clean hands; if done with a knife-point, much of the pulp is liable to be removed with the stones. The best raisins for puddings are the large, rich kinds, as, the Valentia; the sultana kind, free from stones, is neither so well-flavoured nor luscious. Raisins should generally be once cut, not chopped small, for puddings.

Candied peels, as citron, lemon, and orange, should be cut small, but not minced.

Fresh fruits should be picked free from stalks, and wiped, if required.

Rice, sago, tapioca, &c., should be soaked half an hour, and well washed and picked, before they are mixed into puddings; and mustiness should be guarded against.

Many substitutes for eggs have been recommended, as a table-spoonful of yeast, small beer, &c.; the best of these is potato-flour, or a mealy potato, beat to a paste with milk, which will lighten plum puddings, as will the substitution of stale bread-crumbs for flour: they would be, however, very inadequate substitutes for eggs.

Do not break many eggs into a bowl together; for, if there be one bad one, it will spoil those previously in the bowl; but break them one at a time into a basin, beat all together with a whisk or fork, and strain through a sieve. When the whites of eggs only are required, the yolks, if *not broken*, will keep good for two or three days, if they be covered up.

Warmed butter will not oil, if mixed with a little milk or wine. Salt improves the flavour of every pudding mixture, even if it be sweet: a pinch of salt will improve a plum pudding.

Batter pudding, to be made very light, should only have the whites of eggs in it, and milk enough to make it the thickness of a custard: a pudding made with a pint of milk requires an hour's boiling.

Puddings are better for being mixed some time before boiling or baking, if they be well stirred before they are tied up or put into the dish: it is, however, advisable to add the eggs only just before.

It is not requisite to *flour* a pudding-cloth, but merely to dip it in boiling water, and immediately put the pudding into it.

Puddings are boiled in cloths, or in moulds tied in cloths: they should be tied tightly, and the moulds be buttered before the puddings are put into them. They should not be tied up, or put into moulds or dishes, till the minute before they are to be put into the saucepan or oven.

Liquid puddings are best boiled by placing the mould or basin in a stewpan, with hot water enough to boil the pudding without boiling over.

As a general rule, however, puddings are lighter when boiled in a cloth only: in some cases, as rice, or bread pudding, the cloth should be tied loosely; if of flour-crust, tightly.

Puddings should be put into plenty of boiling water, which should be kept filled up, if requisite: if the fire be very fierce, the pudding may stick to the bottom of the saucepan and burn; to prevent which, before putting in the water, place a plate or dish, hollow downwards, in the saucepan.

Upon taking out a pudding boiled in a cloth, dip it into cold water before you untie it, when it will not stick to the cloth or mould.

Pudding-cloths, and tapes with which they are tied, should be sweet and clean, else the outside of the pudding will have

an unpleasant taste. Pudding-cloths are better washed with wood-ashes than soap, and should be well rinsed in clean water.

Pudding sauce consists of melted butter, sweetened, and flavoured with good raisin wine, sherry, or brandy.

Pudding Paste.

With half a pound of finely-chopped beef suet mix one pound and a half of flour, and sprinkle in a little salt; wet with milk and water to a stiff paste.

Meat Puddings.

Make a paste of suet, flour, and water; roll it half an inch thick, and with it line a basin: season highly the meat, beef, mutton, or kidneys, cover, and boil at least two hours.

A whole onion, or a flapped mushroom, will improve any meat pudding; and a few oysters will enrich a beef-steak pudding.

A rabbit may likewise be cut into joints, and boiled in a pudding.

Suet Pudding.

Mix half a pound of finely-chopped suet with three quarters of a pound of flour; add a tea-spoonful of flour, two well-beaten eggs, and milk to mix it: boil in a cloth three hours.

Baked Suet Pudding.

Stir into a pint of milk eight ounces of flour, four ounces of chopped suet, two well-beaten eggs, and a tea-spoonful of salt: bake in a brisk oven.

The above may be made into plum pudding by omitting half the flour, and adding half a pound of stoned raisins.

Potato Pudding.

Boil a quart of milk, meanwhile stirring into it two table-spoonsful of potato-flour, and two ounces of butter; if it become too thick, add a little milk; pour it into a dish, and set it in an oven, or before the fire, till the pudding has a fine brown colour. The addition of the following mixture will much improve it:—beat five or six eggs, some sugar and spice, and a glass of brandy; or two or three spoonsful of marmalade, or other sweetmeat, may be first laid in the dish, and the batter be poured upon it.

Potato Pudding.

Rub half a pound of boiled mealy potatoes to flour, mix with it two well-beaten eggs, a quarter of a pint of cream or milk, the grated rind and half the juice of a lemon, some sugar, half a tea-spoonful of salt, and two ounces of warmed butter: beat the whole together, and bake it with or without crust.

Potato and Meat Pudding.

Rub boiled mealy potatoes through a cullender, and make the flour into a thick batter, with milk and eggs; pour it into a dish with beef steaks, or mutton chops, well seasoned, and bake till the meat be done.

Batter Pudding.

Beat five eggs, stir in four ounces of flour, and a pint of milk, to make a batter the thickness of cream; add a tea-spoonful of salt, a little ground ginger, and boil, in a buttered basin, one hour. Serve with sweetened melted butter, or pudding-sauce. (See page 240.) A batter pudding may also be made as above, for baking.

Batter puddings should be free from lumps, and as soft as cream; this can only be ensured by mixing the flour and milk gradually: they should be made with as little flour as possible, and the eggs should be strained.

Yorkshire Pudding.

Beat four eggs, stir in six ounces of flour, a tea-spoonful of salt, and a pint of milk, and beat them to a smooth batter; set a tin pudding-pan under a roasting joint of beef or veal, and, when it is hot and greasy, pour in the batter; when the upper surface is set and browned, cut the pudding into large pieces, and turn it; if an inch thick, it will require two hours before a strong, clear fire.

This batter will also serve for a pudding to be baked with meat in it.

Hard Pudding

Mix flour and water, or milk, to a stiff paste, and boil it half an hour; if not eaten with meat, serve it with cold butter and sugar.

Hasty Pudding.

Boil a quart of milk, with two laurel-leaves in it; dredge

in two ounces of flour, and stir the whole till thick enough, serve in a deep dish, with a piece of fresh butter in the middle, with half a grated nutmeg, and sufficient moist sugar over it.

Baked Fruit Puddings.

Put into a jar gooseberries, currants, raspberries, or rhubarb, with a little water; set the jar beside the fire, or in a saucepan of boiling water, till the fruit will pulp; strain it, and to each pint of the juice add three well-beaten eggs, one ounce of butter, sugar to taste, and a few crumbs of bread to thicken it; bake in a dish edged with paste.

Apple-pudding may be made as above, except that the apples should be pulped but not strained, and the bread be omitted.

Boiled Fruit Puddings.

Line a basin or mould with crust, fill it with fruit, and sufficient sugar, close, and boil an hour. In this manner are made red currant and raspberry or cherry, black currant, gooseberry, cherry, plum, and damson puddings; cranberries should be first boiled and sweetened; and rhubarb cut into small pieces, but not peeled, unless it be old.

Cherry or Damson Batter Pudding.

Pick cherries, or damsons, and put them into a buttered basin; then make a very sweet batter, of half a pint of milk, two well-beaten eggs, two table-spoonsful of flour, and sufficient sugar; pour the batter on the fruit, tie over, and boil an hour and a half, or bake. Serve with sweetened melted butter.

These puddings will be much improved by first stoning the fruit.

Boiled Apple Pudding.

Make a crust of finely-chopped suet, flour, and water, roll it half an inch thick, and with it line a buttered basin or mould; then put in the apples, peeled, cored, and quartered, a little grated lemon-peel, and sugar to taste; close the pudding, and boil, in a cloth, an hour and a half or two hours. Or, the apples may be first stewed to a pulp, when the pudding will require but one hour boiling. Having taken up the pudding, cut an opening in the top, grate in a little ginger or

nutmeg, pulp the fruit, and stir in a piece of fresh butter : a well-beaten egg is sometimes added.

Green Apricot Pudding.

Whisk up with a pint of cream or milk, six well-beaten eggs, three table-spoonsful of flour, a little salt, and pounded mace. Having previously scalded the apricots till soft, pulp them through a hair-sieve, and add enough of the pulp to make the whole rather thicker than batter ; sweeten, and boil in a buttered basin or mould an hour and a quarter ; or put it into a dish edged with paste, and bake it three quarters of an hour.

Plain Bread Pudding.

Grate stale bread, (white or brown,) or the crumb of two French rolls, pour on it one pint of boiling milk, and cover it closely : when it is cold, beat it, and stir in three well-beaten eggs : add half a nutmeg, grated, sugar to taste, boil in a buttered basin three-quarters of an hour, and serve with melted butter, or pudding-sauce. (*See page 240.*) It may likewise be baked in a dish, or in cups.

This pudding may be made richer by increasing the number of eggs, and adding half a pound of currants, one ounce of beaten almonds, and a table-spoonful of rose or orange-flower water. Shred lemon-peel will also give it a fine flavour.

Brown Bread Pudding.

Mix half a pound of *dried* bread-crumbs, and the same weight of beef suet, one pound and a half of currants, half a pint of *fresh* bread-crumbs, a table-spoonful of sugar, the yolks of six, and the whites of three, eggs, with a little nutmeg, grated ; boil it two hours, and serve with or without sauce.

Baked Bread Pudding.

Put into a saucepan pieces of stale bread, crust or crumb, cover them with milk, and set them on the fire to boil ; then beat smooth the bread and milk, stir in a tea-spoonful of ground allspice, sugar to taste, and about three eggs to every quart of the mixture : bake in a buttered dish three-quarters of an hour. Three ounces of chopped suet, and the same of currants, will much improve this pudding.

Bread-and-Butter Pudding.

Butter a quart dish, and lay in it slices of thin bread-and-butter, strewing in a few currants; then beat four eggs in a basin, add four ounces of sugar, half a nutmeg, grated, and stir in a pint of milk; fill up the dish, and bake three-quarters of an hour. A stale French roll, cut in slices and buttered, is superior to household bread-and-butter for this pudding.

Excellent Rice Pudding.

Boil well half a pound of ground rice in three pints of milk; when nearly cold, add to it the yolks of eight, and the whites of four eggs, well beaten, with half a pound of butter, and half a pound of sugar: pour it into a buttered dish, grate nutmeg over it, and bake about half an hour.

Plainer Rice Pudding.

Wash and pick three ounces of rice, and set it on in a quart of cold milk to boil till tender, stirring it very frequently; then stir in four well-beaten eggs, two ounces of warmed butter, and half a nutmeg, grated; when quite smooth, pour it into a dish, and bake it three-quarters of an hour. Or, it may be baked or boiled in buttered cups, and served with pudding-sauce. (*See page 240.*)

Family Rice Puddings.

Wash and pick half a pound of rice, boil it tender in two quarts of milk, sweetened with sugar, flavour with ground allspice, and bake in a slack oven. A little butter, or finely-chopped suet, will be an improvement.

Or, stir half a pound of rice into three pints of milk, sweeten to taste, add half a pound of chopped suet, some grated nutmeg, and bake till the rice be tender.

Boiled Rice Puddings.

Wash and pick a tea-cupful of rice, and boil it twenty minutes in plenty of water; strain off the water through a sieve, and mix with the rice about two or three ounces of raisins, stoned and chopped, or the same quantity of currants; put them into a clean cloth, tie up loosely, put into boiling water, and boil half an hour: serve with warm milk, sweetened.

Or, boil rice in milk, so as to stiffen: when cold, mix with it a well-beaten egg or two, some sugar, tie up in a cloth, and boil it half an hour longer.

Or, soak half an hour in cold water, four ounces of picked rice, and tie it in a cloth, leaving room for the rice to swell; boil two hours, then turn it out, and sweeten it with sugar, or serve with melted butter, sweetened.

Half a pound of raisins, or dry currants, may be tied up with the rice.

Ornamental Rice Pudding.

Boil rice in a buttered mould, and set it in a dish; put round it a wall of preserved currants, with their syrup to cover the bottom. This is a simple but pretty pudding.

Rice Fruit Pudding.

Wash and pick a sufficient quantity of rice; put a little water to it, and set it in the oven, or on the fire, till the water is absorbed; then stir in a little milk with a spoon, and stir it occasionally till it is sufficiently soft: a little cream worked in at the last will be an improvement. Fill, nearly, a tart-dish with preserved or sweetened fruit, lay on the rice, unevenly, by spoonsful, and bake till the rice is of a light-brown colour.

Ground Rice Pudding.

Stir into a pint and a half of milk four ounces of ground rice, add the peel of a fresh lemon and a bit of cinnamon, and boil to a smooth paste, stirring it the whole time; then set it aside to simmer, take out the lemon-peel and cinnamon, and add four well-beaten eggs, half a grated nutmeg, and two table-spoonsful of sugar; stir the whole well together, and bake in a buttered dish, with or without paste edging, for about half an hour; or it may be boiled an hour in a buttered mould.

Orange-flower or black-cherry water is fine flavouring for the above pudding; and two ounces of currants, or a few pieces of candied citron, will enrich it.

Vermicelli and Macaroni Puddings.

Boil four ounces of vermicelli or macaroni, tender; in a pint and a half of milk; then proceed as directed for ground-rice pudding, and bake about half an hour.

A layer of orange marmalade or any kind of jam, may be put into the dish before the macaroni pudding is poured in.

Vermicelli and macaroni puddings may also be boiled in a basin or mould, and served with pudding-sauce. (*See page 240.*)

Sago Pudding.

Boil tender two ounces of sago in a pint and a half of milk ; sweeten to taste, add nutmeg and grated lemon-peel to flavour, and stir in four well-beaten eggs : bake slowly in a dish edged with paste.

Tapioca Pudding.

Boil tender two ounces of tapioca in a pint of milk, and proceed as directed for sago pudding.

Two ounces of warmed butter may be added to the above sago or tapioca pudding.

Arrow-root Pudding.

Mix a table-spoonful of arrow-root with two of cold milk ; add a pint of boiling milk, four ounces of warmed butter, sugar to taste, and nutmeg to flavour ; stir in four well-beaten eggs, and bake half an hour in a dish edged with paste. If water be used instead of milk, the pudding will be clear.

Millet Pudding.

Wash and pick four ounces of millet, and boil it in a quart of milk ; sweeten it, add a tea-spoonful of grated nutmeg, and stir in two ounces of warmed butter, and four well-beaten eggs : bake it in a buttered dish an hour and a half.

Barley Pudding.

Boil tender in a pint of milk four ounces of Scotch or pearl barley, to which add half a pint of cream or milk, with two ounces of warmed butter in it, two or three well-beaten eggs, sugar to taste, a table-spoonful of orange-flower or black-cherry water, and some grated nutmeg ; mix an hour before wanted, stir it frequently, and bake half an hour.

Almond Pudding.

Blanch and beat to a paste, with a tea-spoonful of water, three ounces and a half of sweet and half an ounce of bitter almonds, add to them four well-beaten eggs, four ounces of warmed butter, and a wine-glass of warmed cream, a table-spoonful of brandy, and grated nutmeg and loaf-sugar to taste. Beat the whole well together, and bake in a dish bordered

with tart-paste: or, half-fill buttered cups, bake, and serve with pudding-sauce. (*See page 240.*)

Or, the above may be boiled in a buttered mould or basin three-quarters of an hour, and served with pudding-sauce.

Swiss Pudding.

Butter a pie-dish, and put into it a layer of bread-crumbs, then a layer of cut apples, sprinkle over moist sugar, then a layer of crumbs, next of apples, and so on, till the dish is filled, finishing with a thick layer of crumbs: melt fresh butter, and pour over it, grate in a little nutmeg, and bake an hour.

Rolled Jam Pudding.

Make a paste of flour, suet, and water, and having rolled it about half an inch thick, spread over it raspberry, currant, red gooseberry, blackberry, or any other kind of jam; then roll it, tie it in a cloth at the ends, and boil it two hours.

Lemon and Orange Puddings.

Rub off the peel of one lemon, with sugar, upon which squeeze two lemons; add five ounces of powdered loaf sugar, and a breakfast-cupful of bread-crumbs, four yolks and two whites of eggs, well beaten, and one ounce of warmed fresh butter; mix all well together, and bake in a dish edged with paste, in a quick oven, three-quarters of an hour. Or, this pudding may be boiled in a mould.

An orange pudding may be made as above, by substituting Seville oranges for lemons.

Shrewsbury Pudding.

Mix half a pound of bread-crumbs, four ounces of currants, six yolks of eggs, two ounces of sugar, two ounces of warmed butter, with a table-spoonful of black-cherry or orange-flower water, in a pint of cream or milk; stir the whole together, boil a few minutes, and bake.

Custard Pudding.

Stir a table-spoonful of flour into a pint of milk; add the yolks of five eggs, well-beaten, the peel of a lemon, half a nutmeg, grated, and sweeten with loaf sugar; whip three whites of eggs to a froth, and stir all together; boil in a buttered basin or mould three quarters of an hour, and serve with pudding-sauce: or bake in a dish half an hour.

Transparent Pudding.

Beat the yolks of eight eggs, and the whites of two, and mix with them half a pound of warmed butter, and the same of loaf sugar, pounded: butter cups or moulds, lay at the bottom orange marmalade or preserved apricots; pour the pudding upon the sweetmeat, and bake it about twenty minutes.

Ratafia Pudding.

Boil and dissolve a quarter of a pound of ratafia cakes in a pint of cream or milk; add two ounces of warmed butter, the yolks of six and the whites of two eggs, well-beaten, a table-spoonful of pounded loaf sugar, and two ounces of sweet almonds, blanched, and chopped fine: bake in a dish lined with puff-paste.

Biscuit Pudding.

Break four captains' biscuits, boil them in a pint of milk, and shred in a little fresh lemon-peel; stir to a thick batter, to which add four well-beaten eggs, three ounces of sugar, two ounces of warmed butter, and a table-spoonful of brandy or orange-flower water; bake or boil it in a mould or basin, and serve with pudding-sauce. (*See page 240.*)

Cumberland Pudding.

Mix three ounces of grated bread, the same quantity of currants, finely chopped suet, minced apples, and lump sugar; add three well-beaten eggs, a little salt, the rind of half a lemon cut thin and minced, and a quarter of a nutmeg grated; mix well, and boil three hours in a basin or mould, or bake; and serve with pudding-sauce. (*See page 240.*) A little candied citron or orange-peel may be added to the above.

Chestnut Pudding.

Boil six chestnuts in water till soft, peel them, and beat them to a paste in a mortar with a little wine and orange-flower water; stir into a pint of cream or milk the yolks of four, and the whites of two eggs, with two ounces of warmed butter; sweeten with loaf sugar, grate in some nutmeg, and add a pinch of salt, with the chestnut paste; set the whole over the fire, stirring it till thick, when pour it into a dish edged with paste, and bake it.

The Bakewell Pudding.

Line a dish with thin puff paste, and spread on it any kind of jam, about half an inch thick; then beat together the yolks of eight and the whites of two eggs, half a pound of loaf sugar powdered, half a pound of warmed butter, and black cherry water to flavour; pour this mixture an inch thick upon the jam, and bake the pudding an hour in a moderate oven.

Rich Plum Pudding

Wash and pick two pounds of currants, and dry them in a cloth; chop as finely as possible, two pounds of beef suet, to do which, add gradually two table-spoonsful of flour; put the suet into a large pan, and grate upon it the crumb of a stale two-pound loaf of bread, add the currants, and mix well together; stone and cut one pound and a half of raisins, and put them into the pan; add half a pound of candied orange and lemon-peel, and two ounces of citron, cut fine; two ounces of sweet almonds blanched and chopped; mix one ounce of pudding-spice, (pounded mace, cinnamon, cloves, nutmeg, and allspice), with two ounces of moist sugar, and a dessert-spoonful of salt; mix all well together, as each article is added; then stir in sixteen eggs, well beaten, and two glasses of brandy; beat the pudding well for half an hour, let it stand some time, then put it into a basin or in moulds, and boil six hours at least, in plenty of water. This quantity will make a large family pudding, or will fill three or four moulds, which may be kept for some time in the mould and cloth, as taken from the copper; when wanted, each pudding will require re-boiling one hour.

Plum puddings are mostly served with loaf sugar sifted over them; and with wine, brandy, or plain sweet sauce, poured over them, or in a boat.

Plainer Plum Pudding.

Mix one pound of flour, the same of suet, half the weight of fruit, with spices, a tea-spoonful of salt, a table-spoonful of sugar, two ounces of candied peels, and five well-beaten eggs; mix with milk into a stiff batter, and boil five hours.

Marrow Pudding.

Boil in a quart of milk the peel of a lemon and a small piece of cinnamon; strain it, pour it boiling upon the crumb of a

French roll, or six sponge cakes, and cover it up till cool; then mix with it half a pound of chopped beef-marrow, a quarter of a pound of currants, three ounces of candied citron, sliced, three table-spoonsful of brandy, half a nutmeg grated, and eight yolks and three whites of eggs, with half a tea-spoonful of salt in them; bake in a dish edged with paste, and serve with loaf sugar sifted over it; or boil, and serve with sauce. (*See page 240.*)

Newmarket pudding is thus made, but with more currants.

College Pudding.

Mix half a pound of bread-crumbs, half a pound of currants, and the same quantity of minced suet; add half a nutmeg grated, one ounce of candied orange and lemon-peel cut small, and three table-spoonsful of sugar: work the whole into a stiff paste, with three well-beaten eggs, roll it into balls, and fry them a light brown in fresh butter: or the pudding may be boiled in a cloth; serve with pudding-sauce. (*See page 240.*)

Muffin, Newcastle, or Cabinet Pudding.

Slice three stale muffins, pour on them a pint of boiling milk, and set them aside to get cold; meanwhile, simmer ten minutes half a pint of cream, the peel of a lemon grated, half a nutmeg grated, with four ounces of loaf sugar, and when cold, stir in eight yolks and four whites of eggs, well beaten, and a wine-glass of brandy; then butter a mould, lay outward the crusty side of the muffins upon which place dried cherries and the crumb of the muffins in alternate layers; pour in the custard, and bake half an hour, or boil in a stew-pan an hour and a half: serve with sauce. (*See page 240.*)

Apple Dumplings.

Peel fine codlins, halve and core them, put a clove into each codlin, and cover it with paste made as for apple pudding; tie each dumpling very tightly in a cloth, and boil an hour; then take them up, dip each in cold water, and put it into a basin while you untie it.

Or, put in the codlins whole, and peel and core when done.

Suet Dumplings.

Make as suet pudding, and put them into a saucepan in which beef or mutton are boiling; a few currants are sometimes added.

Excellent Dumplings.

Mix four ounces of finely-shred suet, the same of currants, and two ounces of grated bread, two table-spoonsful of flour, the fresh peel of a lemon grated, half a tea-spoonful of ground ginger, the same of ground allspice, and sugar to taste; mix the whole with two well-beaten eggs and some milk, divide into dumplings, and boil them in a cloth; serve with pudding-sauce. (*See page 240.*)

Yeast Dumplings.

Make a light dough with one pound of flour, three table-spoonsful of yeast, a little salt, and some warm milk; set it near the fire to rise an hour; work it, and divide it into dumplings, and in ten minutes put them into boiling water; boil twenty minutes, or steam them the same time; serve with sweetened melted butter.

Dumplings are best boiled in cloths; except yeast dumplings, which should be steamed, if possible.

Apple Fritters.

Make a smooth batter with one egg, two table-spoonsful of flour, and a little loaf sugar, ginger, and salt; cut a peeled apple into thickish slices, and put one with a large spoonful of the batter into a pan of boiling fat; fry, drain upon a sieve and serve upon a napkin, with loaf sugar sifted over them.

Or, boil two mealy potatoes, and rub them with two table-spoonsful of flour; peel and chop three or four sharp apples, mix into a batter with the beaten yolks of three and the whites of two eggs, and two table-spoonsful of brandy; grate in a little nutmeg and ginger, and fry as above.

Pancakes.

Make plain batter as for fritters, to which may be added a little beer, so as to be of the thickness of cream; set over a clear fire a small frying-pan, put into it a piece of lard, pour in butter to cover the bottom of the pan, and fry of a light brown on both sides; serve with brown sugar, and a cut lemon to be squeezed over the pancakes at table.

PIES AND PASTRY.

To make Paste.

THE art of making paste requires a good memory, taste, practice and dexterity; for, it is principally from the method of mixing the various ingredients of which it is composed, that paste acquires its good or bad qualities.

When paste is ill made, its defects will invariably appear in the baking; and if by chance the colour should be tolerably good, the paste will be altogether unsatisfactory. In short, paste thus made will always be heavy, have an unpleasant flavour, and, above all, be very indigestible.

Before making paste, wash the hands in hot water; touch the paste as little as possible, and roll it but little; the less the better. If paste be much wetted it will be tough.

A marble slab is better than a board to make paste on; both, together with the rolling-pin, cutters, and tins, should be kept very clean; as the least dust or hard paste left on either will spoil the whole.

Flour for the finest paste should be dried and sifted; as should pounded white sugar.

Butter should be added to paste in very small pieces, unless otherwise directed.

If fresh butter be not used, break salt butter into pieces, wash it well in spring water, to cleanse it from salt, squeeze it carefully, and dry it upon a soft cloth. Fresh butter should also be well worked, to get out the buttermilk.

The saving in using lard instead of butter is very trifling, when it is considered that although lard will make paste light, it will neither be of so good colour nor flavour, as when made with butter.

Dripping, especially from beef, when very sweet and clean, is often used for kitchen pies, and in this instance, is a good substitute for butter, lard, &c.

In hot weather, the butter should be broken into pieces, and put into spring water, or into ice; but, on no account, put the paste into ice, else the butter in it will harden, and in baking, melt, and separate from the paste.

The same thing happens in Winter, when the butter has not been sufficiently worked, and the paste is rather soft; for, though the season be favourable to the making of paste, care must be taken to work the butter sufficiently.

In Winter, paste should be made very firm, because the butter is then so; in Summer, the paste should be made soft, as the butter is then the same.

It is important to work up paste lightly and gradually into an uniform body, no strength or pressure being used.

It is necessary to lightly flour both sides of paste when you roll it, in order to prevent its turning gray in baking; but, if much flour be sprinkled on it, the paste will not be clear.

Attention to the rolling out is most important to make light puff-paste; if it be too light, it may be rolled out once or twice more than directed; as the folding mainly causes it to rise high and even.

Be sure, invariably, to roll puff-paste *from you*.

Those who are not practised in making puff-paste, should work the butter in by halves, by breaking it into small pieces, and covering the paste rolled out; dredge it lightly with flour, fold over the sides and ends, roll it out very thin, add the remainder of the butter, and fold and roll as before.

The old custom of lining pie-dishes throughout with paste, has long been discontinued. Paste is run round the ledge of the dish for savoury pies, but rarely for fruit pies.

To ensure lightness, paste should be set in the oven as soon after it is made as possible; on this account, the paste should not be begun to be made till the oven is half heated, which sometimes occupies an hour. If paste be left twenty minutes, or half an hour before it is baked, it will, instead of being clear and light, become dull and heavy.

Paste should be light, without being greasy; and baked of a fine colour, without being burnt; therefore, to ensure good baking requires attention.

Puff-paste requires a brisk oven; a moderate one will best bake pies and tarts, puddings and biscuits. Cakes, which require long and slow baking, should be set in a cool oven. Regulation of heat, according to circumstances, is, however, the main point in baking.

If the oven be too hot, the paste will, of course, be burned, and it will not rise well; if the oven be too slack, the paste

will be soddened, not rise, and want colour. Raised pies require the quickest oven.

When fruit pies are baked in iron ovens, the syrup is apt to boil out of them; to prevent this, set a few thin bricks upon the bottom of the oven before it is heated; but this will not be requisite, if the oven have a stone bottom.

Tart-tins, cake-moulds, and dishes, should be well buttered and before baking; articles to be baked on sheets should be placed upon buttered paper.

Rich Puff Paste.

Weigh equal quantities of firm butter and fine flour. Put the flour on the paste-board or slab, make a hole in the middle, and put into it a piece of butter the size of a walnut, with about half a pint of water; stir with the right hand, spreading the fingers in one direction; mix the flour gradually, adding more water, if necessary, to form a firm paste; and work it a few minutes, pressing the hand on the board, so that the paste may be soft and smooth to the touch, but firm enough to be rolled out to the thinness of a crown-piece; lay half the butter in thin slices all over the paste, dredge lightly with flour, fold it up from top and bottom to the middle, in five or six folds; roll it out and add the remainder of the butter, and fold up and roll as before; then fold up and roll a third time, touching it as little as possible.

Or, all the butter may be put in the first time of rolling out; though it will be better for the unpractised hand to add the butter in two rollings, as above.

Richer Puff Paste.

Weigh equal quantities of fresh butter and flour, heap the flour on the pasteboard, and make a large hole in the middle; throw in a pinch of salt, three beaten and strained yolks of eggs, and a few small pieces of butter, and add water enough to work the whole into a paste as firm as the butter; work it lightly into a large ball, which flatten quickly; lay over it the butter squeezed dry, flatten it, and wrap the paste over the butter in a square form, taking care that the paste is firm enough to keep the butter from breaking through it; lightly dredge the board and paste with flour, and roll out as smoothly and long as you can; fold it into three, dredge lightly; roll it again, and fold it again into three; then put it into a floured

dish, in a cool place for a short time; next fold and roll it twice more, let it remain, and then fold and roll twice again; making altogether six times; then shape it long, and fold in two. This paste is well suited for patties, or a *vol-au-vent*.

A less rich Puff Paste.

Weigh a pound of flour and three quarters of a pound of butter; mix the flour into a stiff paste with a little water, and some of the butter, roll it, add the remainder of the butter, fold, and roll out a second and third time.

Flaky Paste.

Wet a pound of flour with water into a stiff hard paste; roll it out, add six ounces of salt butter, (washed, if for fruits,) at three separate rollings.

Transparent Tart Crust.

Mix a beaten egg with three-quarters of a pound of fresh butter, melted, but not oiled, and cold; stir them into a pound of dried and sifted flour, make it into a thin paste, and line the pans as quickly as possible.

Light Cheesecake Crust.

Beat the white of an egg, and mix with it water enough to make one pound of dried and sifted flour into a stiff paste; roll it out very thin, lay upon it a quarter of a pound of butter, dredge it, fold it, and roll again; then add another quarter of a pound of butter, fold, and roll again.

Rich Short Crust.

Mix half a pound of fresh butter with a pound of fine flour; add the beaten yolks of two eggs, and two ounces of dried and sifted loaf sugar; mix it into a smooth paste with milk, and roll out thin.

Plain Short Crust.

Rub a quarter of a pound of fresh butter with half a pound of flour; add the beaten yolk of one egg, and water enough to make a stiff paste, which should be rolled out thin.

Paste for Tartlet Ornaments.

Mix a quarter of a pound of flour, an ounce of butter, and water enough to make a stiff paste; work it on the board till

it begins to string, when it will be fit to draw out into lengths, or to cut into ornaments.

Rich Tart Paste.

Rub six ounces of butter with a pound of sifted flour ; hollow out the middle, and put into it two ounces of dried and sifted sugar, a pinch of salt, the beaten yolks of four eggs, and water enough to form a stiff paste ; if it cracks, add a little water.

Family Pie Paste.

Rub half a pound of butter into a pound of flour, and add water enough to knead it thoroughly.

Another common proportion is half a pound of butter to a pound and a half of flour.

Croquante Paste.

Mix with a little fine flour half the quantity of sifted loaf sugar, and work them into a stiff paste with the yolks of eggs.

With this paste are made pagodas, covers for preserves, and other ornaments. The shapes or moulds should be greased with suet, and the paste cut in patterns with a sharp knife, on the mould, as wanted. In making croquantes, the paste should be pressed closely on the form, so as to cut the pattern through. The figures are sometimes covered with white of egg, and then have fine sugar sifted over them. They require slow baking.

Paste Ornaments,

Proceed as in making the ornaments for raised pies, and having cut out the figures, dry them without baking in the oven. These may be put on the glaze of warm hams or tongues.

Paste for Raised Pies.

Put two ounces of butter into a pint of boiling water, which mix, while hot, with three pounds of flour, into a strong but smooth paste ; put it into a cloth to soak till near cold ; then knead it, and raise it into the required shape.

To raise a pie well requires considerable practice ; it is best done by putting one hand in the middle of the crust, and keeping the other close on the outside till you have worked it into the round or oval shape required : the lid is then to be rolled out. An unpractised hand will, however, do better to roll the paste of a good thickness, and cut out a long piece for

the circle of the pie, to be joined with egg as a hoop; then cut two pieces for the top and bottom: these are to be cemented with egg, the bottom being brought out and pinched over; fill the pie, and pinch on the lid: or, if the crust be for a standing pie, line it with paper, fill it with bran, and bake it and the lid separately. The paste should be similarly joined with egg, if the pie be baked in a tin shape, when it should be put into the oven a few minutes after it is taken from the shape. In either case, wash the pie over with egg, and put on the ornaments before it is baked.

To make the ornaments, mix one ounce of sifted loaf sugar with half a pound of the above crust, roll, and cut out.

Beef Dripping Paste.

Rub half a pound of clarified dripping into one pound of flour, work it into a stiff paste with water, and roll it twice or thrice. This crust is best eaten hot.

SAVOURY PIES AND PATTIES.

Paste for Savoury Pies.

Weigh two pounds of sifted flour, and one pound and a half of salt butter; break the butter very small, wash it, and rub it with the flour; add the well-beaten yolks of three eggs; knead with spring water, roll it out, and fold it three times.

To glaze Savoury Pies.

Beat the yolk of an egg, dip into it a long paste-brush, and lay it on the crust before baking.

Venison Pasty.

Cut into pieces the neck, shoulder, or breast, simmer it two or three hours in weak broth, and take out the bones; then line the sides of a dish with puff paste, season the venison with salt and pepper, and lay it in the dish, with fat between; pack it closely, add a little of the gravy the venison was simmered in, cover with puff paste, and make a hole in the middle; bake till the paste is done, by which time make some good gravy with the bones of the venison, some old mutton, a sprig of thyme, and seasoning, and pour this hot into the middle of

the pasty when it is taken from the oven : shake the dish to mix the gravy with the venison, and set it by till cold.

Chicken Pie.

Cut up two chickens, blanch the joints, and season them with white pepper, and a little minced parsley and mushroom ; lay them in the dish, with a few trimmed slices of ham, and the hard-boiled yolks of six eggs, sliced, and a little water ; cover with puff paste, bake from an hour and a half to two hours, and pour in about half a pint of good white gravy before serving.

Rich Chicken Pie.

Prepare the chickens as above, adding to the seasoning a little mace and Cayenne pepper ; lay them in the dish, with slices of ham, forcemeat-balls, and hard eggs, sliced ; add some water, cover with puff paste, and bake. When done, fill up the dish with well-seasoned veal gravy, made from a bit of knuckle or scrag.

Raised Chicken Pie.

Prepare the chickens, ham, &c., as above, and put them into a raised crust, without water ; bake it, and prepare gravy as above, clarifying it with white of egg after it is strained, and put it into the pie, when cold, as jelly.

Rabbit Pie.

Cut up two young rabbits, take out the breast-bones, blanch the joints, and season them with white pepper ; make a forcemeat of the liver, parboiled, some shred bacon, pepper, mace, chopped parsley, and shalot or onion ; lay the rabbit-joints in a dish, with small pieces of pickled pork, and the forcemeat made into balls : cover with a thick crust, and bake an hour and a half.

Or, the above may be made in a raised crust

Hare Pie.

Cut up and clean the hare, and put it into a stewpan with a bunch of sweet herbs, four chopped shalots, and a teaspoonful of allspice ; cover it with broth or water, and simmer till half-done ; then pick out the fine pieces, and put them into a dish with a little of the gravy, strained ; cover with paste, and bake about an hour : boil up the remainder of the gravy, adding to it seasoning, a glass of port wine, and the juice of half

a lemon, and pour it into the pie before serving. Balls of hare-stuffing may be added to the above.

Hare Pie, cold.

Cut up the hare, season it with pepper and salt, prepare forcemeat with the parboiled liver, shred bacon, minced sweet herbs, onion, pepper, and mace; make it into balls, which lay with sliced hard-boiled egg-yolks, between the joints of hare: bake it in a dish or raised crust, and, when cold, fill up with savoury jelly, to make which see page 190.

Giblet Pie.

Clean goose-giblets, cut the wing and neck into three, the leg into two, and the gizzard, into four, pieces; stew them two hours in a pint of water, with an onion, a bunch of sweet herbs, and some whole black pepper, and set them by till cold; then lay in a dish a rump steak or veal cutlet, and the giblets upon it, seasoning the whole with ground black pepper and salt, and adding the giblet liquor; cover with puff paste, or that directed for savoury pies, brush it over with egg, and bake an hour and a half in a moderate oven: when done, pour into the pie some highly-seasoned brown gravy.

Pigeon Pie.

Stuff four or six pigeons with a forcemeat of parsley, bread-crumbs, and butter, seasoned with pepper and salt; lay them in the dish, breast downward, upon a rump steak, adding the yolks of four or six hard-boiled eggs, and a gill of water; lay on the top another steak, cover with puff paste, brush it over with the yolk of egg, and put in the centre of it three neatly-trimmed feet of the pigeons, or one foot on each side: bake about an hour. Or, the stuffing may be omitted, and the pigeons be cut into halves.

Lark pie may be made as above.

Partridge and Pheasant Pies.

Truss a brace of partridges, cutting off the legs at the first joints; cut the birds into halves, and season them with a forcemeat of shred bacon or ham, parsley, thyme, pepper, salt, and yolk of egg; lay them, breast downwards, on a rump steak in the dish, add a few small pieces of butter, and lay half over another steak; cover with puff paste, brush over with yolk of egg, and bake an hour and a half.

Pheasant pie may be made as above ; and either may be put into a raised crust instead of a dish.

Rook Pie.

Draw and skin half a dozen young rooks, soak them in cold water two hours, take out the back-bones, season the birds highly with black pepper and salt, and lay them closely upon a rump steak in a pie-dish ; add half a pint of water, and a quarter of a pound of butter, sliced, and another steak at top ; cover with a good crust, and bake about an hour and a half. Egg and forcemeat-balls are sometimes added

Sweetbread Pie.

Blanch sweetbreads, cut them in three or four pieces, and stew them lightly in white gravy, with a little butter rolled in flour, seasoning of salt and white pepper, and a few peeled button mushrooms ; put them into a pie-dish, with egg and forcemeat-balls, and lay on the top slices of fat bacon ; cover with paste, and bake till done. Or, the bacon may be omitted, and the sweetbreads and sauce be put into a *vol-au-vent* ; or minced, and put into patties.

Sole Pie.

This pie may be made in raised crust, or with puff paste. Cut the fillets off a pair of middle-sized soles, season them with pepper, salt, and a little pounded mace ; put them into a dish with a few pieces of butter, and a tea-cupful of broth, cover with crust, and bake : when done, pour in half a pint of white or brown sauce. If the seasoning of the above be not savoury enough, add a tea-spoonful of chopped parsley and mushroom.

If to be eaten cold, jelly may be added instead of the sauce.

Eel Pie.

Skin, wash, and trim, middle-sized eels, cut them into pieces two or three inches long, leaving out the heads and tails ; season the pieces with pepper and salt, and fill the dish ; add three or four small pieces of butter, a tea-cupful of veal broth or water, cover with paste, brush over it yolk of egg, and bake an hour : when done, half a pint of boiling veal gravy, well-seasoned, may be poured into the pie.

Salt Fish Pie.

Soak the thick part in cold water twelve hours, boil it, and take off the finest layers of fish free from skin: season them with white pepper, and put them into a dish, with slices of hard-boiled eggs; add a few small pieces of butter and a gill of water, with a little mushroom ketchup: cover with paste, and bake an hour.

Cod-fish Pie.

Salt the thick part of the fish twelve hours, wash it, and season it with white pepper; put it in flakes into a dish with a few pieces of butter and a tea-cupful of broth; cover with crust and bake, when a little broth, seasoned and thickened, may be poured into the pie. A few oysters and their liquor will be a fine addition.

Sauce for Fish Pies.

Boil together equal quantities of raisin wine, mushroom ketchup, and oyster liquor, with a chopped anchovy; strain, and add in small quantities to pies after they are baked.

Squab Pie.

Lay in a dish lean mutton chops, and strew between them cut apples, shred onions, and some sugar: cover with paste, and bake about an hour and a half.

Lamb Pie, cold.

Bone and cut into pieces, the neck or breast of lamb, season them with pepper and salt, and put them into a dish, with three table-spoonsful of water; cover with paste, and bake an hour and a half: when done, pour in some gravy made with the lamb bones and trimmings.

Family Veal Pie.

Cut veal into thin slices, season with salt, pepper, and very little mace; lay them in a pie-dish, add a little water or gravy, cover with paste, and bake it two hours. If brisket of veal be used, it should be first parboiled. Chopped onions and potatoes are sometimes put into this pie.

Veal and Ham Pie.

Divide veal cutlets into small pieces, and season them with very little salt, some white pepper, and a little pounded mace;

lay them in a dish alternately with ham, in thin slices, mix in the hard-boiled yolks of two or three eggs, sliced, and put on the top a layer of veal forcemeat, or pork sausage-meat, with a small quantity of water or gravy: cover with puff paste, brush over with yolk of egg, and bake two hours.

This pie is sometimes enriched with truffles and morels, mushrooms or sweetbreads, cut into small pieces.

Suet should not be put into the forcemeat of savoury pies, to be eaten when cold.

Rump Steak Pie.

Choose steak that has been long hung, cut it into moderately-sized pieces, and trim off all skin or sinews; season them with pepper, salt, and minced shalot or onion, and lay them in the dish: put crust on the ledge and an inch below, cover with thick crust, and bake it about two hours. A tea-cupful of gravy or water may be put into the dish before the pie is baked, or some good gravy poured into it after it is taken from the oven.

A table-spoonful or two of mushroom ketchup, or a flap mushroom, added to the steak, will greatly enrich this pie.

Cold Rump Steak Pie.

Cover a shallow dish with paste, and spread on it the steak in one layer, well-seasoned; cover with paste, glaze, and bake. This pie is mostly eaten cold, for luncheon or supper, the steak and the crust being cut together, sandwich fashion.

Rump Steak and Oyster Pie.

Cut the steaks, and season as above, and lay between them in the dish a few parboiled and bearded oysters; cover with crust, and bake; warm some of the oyster-liquor, if not too salt, with a blade of mace, and a piece of lemon-peel in it, strain, and pour it into the pie when taken from the oven. A table-spoonful of mushroom ketchup will improve it.

Mutton Pie.

Cut chops from the best end of a neck of mutton, season them with salt and pepper, lay them in a dish with a little water or gravy, cover with crust, and bake two hours: when done, lift up one side of the crust, pour out the gravy, take off the fat, season it, if required, warm it, and pour it again

into the pie, which has been kept hot. Chopped onions and potatoes are sometimes put into mutton pie.

Meat Pie, with Potato Crust.

Cut beef or mutton into large pieces, and season them with pepper, salt, and a finely-shred onion; boil and mash potatoes with milk, so as to form the crust, with which line a buttered dish; then put in the meat, with a tea-cupful of water, lay the crust thickly over the meat, and bake about an hour and a half.

Potato Pie.

Peel and slice potatoes, and put them in layers between cutlets of veal, mutton, or beef steaks; add a little water, cover with crust, and bake.

Medley Pie.

Peel and cut apples into quarters, take out the core, and lay them in a dish with slices of fat bacon, dressed, and cold roasted meat, seasoned with ground ginger, pepper, and salt; pour in some ale, cover with a thick plain crust, and bake till done.

Vegetable Pie.

This excellent pie may be made with all kinds of vegetables, as carrots, turnips, onions, cauliflowers, peas, French beans, asparagus, lettuces, cucumbers, celery, artichoke-bottoms, and mushrooms; or with any of them. Simmer the carrots tender in a little broth, cut them, with the turnips, into the shape of olives, and then simmer both in the same liquor, adding a little sugar: put into another stewpan cut lettuces, and celery, with some broth, and a slice of fat bacon; in another vessel boil cauliflower, beans, and white kidney-beans; boil also, *separately*, a few asparagus, and, with a little lemon-juice and butter, artichoke-bottoms, and fine round mushrooms; then peel and scoop out a cucumber, cut it into quarters, and lightly fry them in butter; lastly, peel a few onions, and glaze them of a reddish colour in some of the carrot liquor and sugar. All these vegetables should be rather firm, to prevent their breaking when mixed. Drain all, except the carrots, turnips, and onions, and put them in separate layers into a baked raised crust, having for the cover a layer of mushrooms, and for the centre an artichoke-bottom, with a little pyramid of green beans and carrots upon it: or all the vegetables may be mixed

together. Then prepare a sauce from the gravy in which the carrots, turnips, lettuces, and celery, were stewed, (or with it flavour a good white sauce,) season it with pepper and salt, boil up, and fill the pie nearly to the brim; place it in an oven, or upon a stove, to heat the vegetables, and serve.

Or, the vegetables and sauce may be put into a dish, with a baked edge-lining and cover.

Calf's-head Pie.

Stew a cow-heel in some of the liquor in which a knuckle of veal has been boiled, adding a bunch of sweet herbs, and a tea-spoonful of white pepper; when it will cool to a stiff jelly, strain it, and set aside; then parboil half a calf's-head, cut off fine square pieces, chop the tongue, and season them with white pepper, and very little pounded mace; next lay ham in a dish, or raised crust, and put upon it a layer of lean and fat pieces of the head, with slices of hard-boiled eggs, then another layer of ham, and so on, till the pie is lightly filled; pour in a little of the jelly, warmed, cover with a thick crust, and bake slowly till done; fill up with the warm jelly, and set the pie to get cold, when it may be cut out in fine slices. This pie may also be served hot, the jelly-gravy being highly seasoned, and enriched with truffles and morels, or mushrooms.

Raised Poultry or Game Pies.

For these pies, the poultry or game should be boned and highly seasoned with salt, pepper, and very little pounded mace; the bird should then be put into a dish or raised crust, and the space around it be filled with savoury forcemeat: butter should then be spread on the top, the cover put on, and the pie baked till done, when it should be filled up with richly-flavoured gravy-jelly.

With the addition of green truffles, and the breast being lined with bacon, the above will closely resemble Perigord pie.

Raised pies should be served on a fine napkin. The tops of these pies are mostly used as covers to be taken off when brought to table, and put on when removed; so that they should be made with a knob or ornament to serve as a handle.

Raised Lamb Pie.

Take cutlets from a loin of lamb, season them, and fry them lightly: then raise crust, lay veal forcemeat at the

bottom, and upon it place the cutlets, when cold; cover the pie with very thin crust, bake it an hour, and when done, pour off the fat, and add some brown sauec.

Raised Pork Pie.

Make a raised crust from three to four inches high; pare off the rind, and remove the bone from a loin of pork, cut it into chops, flatten them, and season them with chopped or powdered sage, black pepper, and salt, and pack them closely into the crust; then put on the top, and pinch the edge; brush the crust with yolk of egg, and bake two hours in a slow oven; when done, remove the lid, pour off the fat, and add some seasoned gravy. Or, the pork may be put into a dish, covered with crust, and baked.

Or, the pork may be cut into dice and seasoned.

When a hog is killed, this pie may be made of the trimmings; but there should be no bone, as the meat must be packed closely, fat and lean alternately.

Raised Ham Pie.

Choose a small ham, soak it, boil it an hour, cut off the knuckle, then remove the rind, trim the ham, and put it into a stewpan with a pint of white wine and veal gravy to cover it: simmer till nearly done, when take it out and let it cool; then make a raised crust, spread on it some veal forcemeat, put in the ham, and fill round it with forcemeat; cover with crust, and bake slowly about an hour; when done, remove the cover, glaze the top of the ham, and pour round it the stock the ham was stewed in, having strained and thickened it, and seasoned it with Cayenne pepper. A ham thus dressed will be an excellent cold supper dish.

Raised Pheasant or Partridge Pie, with Truffles.

Cut up two pheasants, and fry them lightly in butter, with a few spoonfuls of mushrooms, truffles, parsley, and very little shalot, and seasoned with pepper and salt; then line a raised crust with veal forcemeat, to which have been added finely-chopped truffles; put in the joints of pheasants when cold; first the legs and rumps, next four truffles, cut asunder; then the fillets and breast and more truffles; add the seasoning in which the pheasants were fried, cover with slices of fat bacon, and paste; bake it in a brisk oven an hour and a

half, and when done, remove the cover and skim off the fat, and pour in brown sauce with finely-minced truffles in it; serve without the cover.

Partridge pie may be made as above.

Patties.

Roll puff paste from a quarter to half an inch thick, cut it out and line the requisite number of patty-pans; put into each a small piece of bread to keep it hollow, wet the edge of the paste, and put on the top; pare to the pan, glaze them with yolk of egg, and bake quickly; when done, slice off the top, take the bread and crumb from the inside; put them on paper, and cover them till wanted, when fill with the patty-meat; and put on the lid.

Small *vol-au-vents* are sometimes filled with patty-meat.

Oyster Patties.

Prepare the patties, or crust, as above, and the filling as follows:—strain the oysters from their liquor, remove the beards, and mince the other parts; put them into a small stewpan, with a piece of butter worked with flour, a little cream, white pepper, nutmeg, and grated lemon-peel, and some of the oyster liquor; simmer a few minutes, and fill the patties with it.

Lobster Patties.

Prepare the patties as above, and the filling thus:—mince the meat of a boiled lobster, and rub smooth some of the spawn, put them into a stewpan with butter, flour, cream, and grated lemon-peel, as for oyster patties; add Cayenne pepper and salt, a tea-spoonful of essence of anchovies, and a little water; simmer a few minutes, and fill the patties.

Veal and Ham Patties.

Mince dressed veal and ham, and put them into a stewpan with butter, flour, and cream, as above; add a little white gravy, Cayenne pepper, and salt, grated lemon-peel and nutmeg; simmer a few minutes, and fill the patties.

Chicken and Ham Patties.

Mince the breast of dressed chickens and ham, and proceed as directed for veal and ham patties.

A blade of mace will add a fine flavour to either of the

four patty-meats above mentioned; it should be taken out before filling the patties; and if used, the nutmeg may be omitted.

Forcemeat Patties.

Line patty-pans with puff paste, fill them with veal forcemeat, (*see page 134,*) cover them, glaze with yolk of egg, and bake quickly; before serving, put into each a little white sauce.

Shred under-done beef, seasoned, makes a good patty-meat.

All patties should be nicely glazed, baked to a good colour, and dished upon a napkin.

Fried Patties.

Mince dressed veal and oysters, mix them with bread crumbs, and proceed as for oyster patties, to make a patty-meat: when cold, put it into puff paste, close the edges, and fry them a light brown in butter.

A Vol-au-Vent

Is a large kind of patty. Cut out puff paste from an inch to an inch and a half thick, and another piece not quite so large; bake both, hollow out the largest, fill it with fish, meat, or poultry, and put on the smaller piece as a lid. The shape and size may vary with the dish in which the *vol-au-vent* is to be served.

FRUIT PIES AND TARTS.

GOOSEBERRIES, currants, Kentish cherries, raspberries, plums of many kinds, and damsons, are used for making large pies. Cherries are mostly mixed with currants or raspberries, or both; and currants with raspberries. The usual proportion of sugar is one pound to a quart of fruit, or not quite so much to very ripe fruit. Lay the fruit in the dish, highest in the middle, with the sugar between it, add a little water; wet the edge of the dish with water, cover with paste about half an inch thick; close it, pare it, make a hole in the middle, and bake in a moderate oven.

Some fruits, as quinces, require stewing before they are put into a pie.

Apple Pie.

Parc, core, and cut into quarters, any kind of sharp baking-apples; rub very thin lemon-peel in a mortar, with good moist sugar; lay the apples in the dish, with a clove or two and the sugar between each layer; cover with puff paste, and bake about an hour and a quarter. If quinces be added, they should be first stewed soft, and made into marmalade.

Codlin Tart.

Peel green codlins, or scald them so as to take off the thin peel, and proceed as in making apple pie: when baked, cut out all the crust except the edges: pour on the apple, boiled custard, or cream, and ornament it with baked puff paste leaves, or other devices.

Or, having scalded the codlins, lay them in a dish, sift sugar over them, and when cold, cover them with puff paste, to be removed when baked; pour over the codlins, cream or custard, and sift sugar over them.

Rhubarb Tart.

Take the thin skin off rhubarb, cut it into short pieces, and simmer them slowly in a little sugar and water till soft; they will, at first, turn yellow, but change to green: when cold, put them into a dish, sift sugar over them, cover with short crust paste, bake till done in a quick oven. If the rhubarb be young, it should not be peeled.

Cranberry Tarts.

Choose Russian or American cranberries, which are larger and better flavoured than the Swedish or English kinds; add half a pound of moist sugar to three pints of berries, and simmer them whole a few minutes; put them, when cold, into a dish, cover with puff or tart paste, and bake till the crust is done. If a tart, ice it, put it a few minutes into the oven; and serve cold.

Apricot Tart.

Edge a dish with puff paste, and sprinkle two table-spoonsful of pounded sugar over the bottom; then, having scalded the apricots, skin them, halve them, take out the stone, roll the fruit in powdered sugar, and lay it in the dish; cover with paste, and bake an hour; when done, sift sugar over it, and glaze it.

A green apricot tart is considered the best tart that is made · but a green apricot pudding is much better.

Orange Tart.

Boil tender the thin peels of two Seville oranges, and beat them with a quarter of a pound of pounded loaf sugar to a paste; add the juice and pulp of the oranges, with a small piece of fresh butter, and work all together. Lay the paste in a shallow dish lined with puff paste, bake, and sift sugar over it when done.

Lemon Tart.

Boil tender the thin rinds of four lemons, and beat them to a paste with half a pound of powdered loaf sugar; add a quarter of a pound of sweet almonds, blanched and cut finely, and the juice of three lemons; simmer together about half an hour, and when cold, put the paste into a tart-tin or dish lined with puff paste; bake, and sift sugar over it when done

Either of the above tarts may be ornamented with paste leaves and flowers; or iced with a salamander, or in an oven.

Preserve Tarts.

Sheet tart-tins or patty-pans with puff paste, bake, and fill with jam, as raspberry, strawberry, currant, or gooseberry, or with apricot, quince, or orange marmalade, in pulp; and ornament with baked paste flowers, leaves, &c.

Or, the jam may be put into the tarts, and the ornaments laid on it, before baking; though the preserve is then liable to be dry. Fruits, if preserved with the full proportion of sugar, will not require baking.

Before baked tarts get cold, they should be carefully removed from the tins.

Frangipane Tart.

Sheet a tart-tin with puff paste, pour into it some of the following cream:—beat well four eggs, add to them a pint of cream, four spoonsful of flour, and some loaf sugar; put them into a stewpan, and rasp in, with a lump of sugar, the peel of a lemon; simmer the whole, constantly stirring it, on a slow fire, for about twenty minutes; then stir in two dozen sweet and bitter almonds, previously beaten to a paste, with a few drops of water. Having filled the tart with this cream bake it, and sift over it fine loaf sugar.

Rich Mince-Meat.

Boil a neat's tongue two hours, skin it, and chop it very finely; chop also three pounds of beef suet, and the same quantity of sharp baking-apples; wash, pick, and dry four pounds of currants; stone and chop one pound of Valentia raisins; and powder and sift one pound of loaf sugar: mix these articles well together, adding half an ounce of powdered mace, two grated nutmegs, a quarter of an ounce of powdered cloves, and the same of cinnamon, and one pint of brandy; put the whole into a jar, and tie it over closely. When the mince-meat is used, put into each pie, a few small pieces of candied citron, orange, and lemon peel.

Plainer Mince-Meat.

Chop two pounds of beef suet, three pounds of sharp apples, and one pound and a half of raisins; mix them with two pounds of currants and two pounds of fine moist sugar; squeeze in the juice of four lemons; boil the outer peel tender, chop it finely, and add, with candied orange, lemon, and citron peel, half a nutmeg grated, and some brandy.

Excellent Mince-Meat.

Chop finely two pounds of beef suet; boil gently, but not too much, two pounds of the under-side of rump of beef, and chop it finely; peel and chop also one dozen, or two pounds, of sharp apples; stone and chop one pound of Valentia raisins, and wash and dry three pounds of currants; mince the thin peel of two lemons, four ounces of candied orange-peel, the same of candied lemon peel, and two ounces of citron; mix the suet, beef, apples, raisins, and currants; then add the peels, with a quarter of a pound of good moist sugar, a tea-spoonful of salt, a quarter of an ounce of pounded mace, a quarter of an ounce of pounded cloves, and half a nutmeg grated: when all these have been well mixed, squeeze in the juice of the two lemons, and add half a pint of brandy after which mix into a mass.

The *art* of making this mince-meat is to pick, chop, and mix the articles carefully; the currants should be *quite dry*; to secure which, wash them and dry them before the fire, a day before mixing. The above will make about eleven pounds

of mince-meat, or a middle-sized tureen full; it should be closely covered, and kept in a cool place.

A plainer mince-meat than the above, may be made by omitting the meat, and substituting two pounds of good moist sugar.

Lemon Mince-Meat.

Peel thinly two lemons, and boil the peels, till tender enough to be beaten to a paste; to which add four sharp apples, peeled and chopped, half a pound of chopped suet, one pound of currants, and half a pound of good moist sugar; mix them well, adding the juice of the two lemons, and about two ounces of candied peels mixed.

Mince Pies.

Sheet tart-tins or patty-pans with puff paste, fill with mince, cover with paste, and bake them quickly.

Apple Puffs.

Peel and core apples, and simmer them with a little water and sugar until they make a kind of marmalade; put this, when cold, into puff paste, ice it, and bake as above.

Preserve Puffs.

Roll out puff paste very thinly, cut it into round pieces, and lay jam on each; fold over the paste, wet the edges with egg, and close them; lay them on a baking sheet, ice them, and bake about a quarter of an hour.

Orange and Lemon Puffs.

Prepare paste as above, lay in them orange or lemon marmalade, made with the pulp only; close, ice, and bake them.

Cheesecakes.

Warm two quarts of milk, turn it to curd by stirring in two table-spoonsful of rennet; when it is set, strain off the whey, and drain the curd dry; crumble it small, and mix it in a mortar, with a quarter of a pound of fresh butter, the same of loaf sugar pounded and sifted; the white of one and the yolks of four eggs, well-beaten; half a glass of brandy or raisin wine, and some grated nutmeg and lemon peel; work well together till quite light, when put it into tart-tins lined with puff paste, and bake in a moderate oven.

A few currants may be added, and a little orange-flower water will much improve these cheesecakes.

Lemon Cheesecakes.

Warm four ounces of fresh butter, and mix with it the same quantity of sifted loaf sugar; grate in the rind of three lemons, squeeze one and a half; add three well-beaten eggs, a little grated nutmeg, and half a glassful of brandy; mix well together, and put it into tart-tins, lined with puff paste, and bake.

Orange Cheesecakes

Are made as in the last recipe, except that Seville oranges are substituted for the lemons. A few thin slices of candied lemon or orange peel, may be laid on the cheesecakes before baking.

Almond Cheesecakes.

Blanch a quarter of a pound of sweet, and about a dozen bitter, almonds; dry them, and beat them in a mortar, with a table-spoonful of orange-flower water; stir in four well-beaten eggs, four ounces of warmed butter, and a little grated lemon peel; when well mixed, lay it in tins lined with puff paste, and bake in a brisk oven.

Glaze, or Iceing for Pastry.

When the pastry is nearly baked, brush it over with white of egg, cover it thickly with sifted sugar, sprinkle it with very little water, and put it into the oven to set,

Or, sift sugar over the pastry, and put it into the oven to melt and glaze; or this may be done with a hot salamander or shovel.

Pastry Cream.

Break two eggs into a stewpan, add a little salt, and as much sifted flour as it will take; mix in a pint of milk, and set the pan on the fire; stir the mixture until you do not smell the flour, when add a piece of butter of the size of a walnut; pour the cream into a dish, and rub a little butter on the surface, to prevent its gathering a skin.

SWEET DISHES.

Blanc-manger.

Boil one ounce and a half of isinglass in a pint and a half of milk or cream, with the rind of half a lemon, for half an hour; strain it, flavour it with black cherry water, about six blanched bitter almonds, or a little ratafia, and sweeten with loaf sugar; boil it about twenty minutes, then strain it, and pour it into very clean moulds; when wanted, loosen it with your finger from the mould, turn into a dish, and garnish with slices of orange.

Blanc-manger Eggs.

Empty six large eggs, by making a hole at each end, and blowing at the upper hole; wash the shells, drain them, and fill them with blanc-manger, setting them upright in flour; when quite cold, carefully break and peel off the shell, and lay the blanc-manger eggs in fine candied orange and lemon-chips in a glass dish; or serve them in a pink cream.

Floating Island.

Beat together the whites of three eggs, and as many table-spoonsful of raspberry jam or red currant jelly; when the whole will stand in rocky forms, pile it upon apple jelly, or cream, beaten up with wine, sugar, and a little grated lemon-peel.

Snow Balls.

Pare and core apples, and put into each a clove, and round it rice, previously swelled in milk; boil well.

Sweet Macaroni.

Boil a quarter of a pound of macaroni soft in a pint of milk, with a piece of fresh lemon-peel, and a small stick of cinnamon; sweeten it with loaf sugar, take out the peel and cinnamon, and gently stir in half a pint of cream; this dish may be served hot or cold.

Another method is to boil the macaroni soft, as above, and serve with a custard poured over it.

Flummery.

Soak a pint of fine white oatmeal in cold water for twenty-

four hours, then pour off the water, and soak as before; boil the oatmeal, stirring it continually, until it be thick; sweeten it with fine sugar, flavour with orange-flower water, and white wine, and serve in soup-plates, with milk or cream.

French Flummery.

Boil one ounce and a half of isinglass in a pint and a half of cream for ten minutes, stirring it well; sweeten it with loaf sugar, flavour with two table-spoonsful of orange-flower water, strain it into a deep dish, and serve with baked pears round it.

Tipsy Cake.

Put into a glass dish a shape sponge-cake, or a thick slice of it, and pour over as much white wine as it will soak up; spread on the top any preserve, and stick round it blanched and cut almonds.

Soufflés.

A soufflé resembles a custard, but is *baked* in a raised paste case, or in a mould; or it may be simply baked in a dish. Soufflés are usually finished by sifting pounded sugar over them.

For *cream soufflé*, beat three yolks of eggs, as many table-spoonsful of flour, and a table-spoonful of white wine, to which add a pint of cream, and the whites of three eggs, beaten to a strong froth; and bake in a case.

Rice Soufflé.—Set upon the fire a pint of milk, and stir into it two ounces of rice-flour till it thickens, and is cold, when grate in it the peel of a lemon, and add the well-beaten yolks of four eggs; sweeten it with half a pound of loaf sugar, add the whites of the four eggs whisked to a strong froth, and bake.

Apple Soufflé.—Pare and cut small apples, and nearly fill a deep dish with them, lay upon them, about an inch thick, whole rice boiled soft in milk and sugar; beat to a stiff froth the whites of four eggs with some sifted loaf sugar, which set upon the rice; and bake a light brown.

Potato soufflé is made as rice, except that potato-flour is substituted for rice-flour.

Custards, boiled and baked.

Put into a stewpan or skillet a quart of good milk, with a laurel-leaf, a small piece of cinnamon, a little thin lemon-peel, and sugar to sweeten; set it over a quick fire to boil, and then

simmer it ten minutes; meanwhile, beat well together the yolks of six and the whites of three eggs, strain them, and pour them gradually into the milk, stirring one way to prevent the eggs curdling; set it on the fire again, stir till it thickens and almost boils, when remove it from the fire, and stir till cold; then strain, and add a little brandy, black cherry water, or orange-flower water, or almonds, blanched and minced. Serve in glasses, and grate over the custard a little nutmeg.

Custards are prepared as above for baking, in cups, about a quarter of an hour; but, be careful not to burn them.

Custards, besides being served in cups and glasses, are poured over fruit tarts, and used in trifles and other sweet dishes.

Rich Custards

Are made as above, except that cream is substituted for the milk, or equal proportions of milk and cream: they should be simmered, but not boiled, after the eggs are added.

Almond Custards

Are prepared as above, with the addition of six ounces of sweet almonds, and half an ounce of bitter, blanched, and beaten to a paste, and rubbed through a sieve into the custard.

Syllabub.

Pour a pint of sweet wine into a bowl, and grate in half a nutmeg, and the peel of a lemon; sweeten it with loaf sugar, and milk upon it three or four pints of milk. Port wine will much improve it.

Whip Syllabub.

Whip cream, as directed at page 276; mix a glass of brandy and half a pint of white wine with a pint of the cream, which sweeten with sifted loaf sugar, and grate in lemon-peel and nutmeg: serve in glasses, and set some of the whip on each.

Devonshire Junket.

Put into a glass dish warm milk, set it with rennet, pour upon it cream, scalded and sweetened, and grate nutmeg over it. It may also be covered with whipt cream.

A Trifle.

Whip cream, as directed at page 276, adding a little brandy and raisin wine; then lay in a glass dish sponge cakes, ratafia

cakes, and macaroons, and pour upon them as much brandy and raisin wine as they will soak up; next, a rich custard about two inches deep, with a little grated nutmeg and lemon-peel; then a layer of red currant jelly or raspberry jam, and upon the whole a very high whip. A trifle is best made the day before it is wanted.

Cake Trifle.

Cut out a rice or diet-bread cake about two inches from the edge; fill it with a rich custard, with a few blanched and split almonds, and pieces of raspberry jam, and put on the whole a high whip.

To whip Cream.

Sweeten a bowl of cream with loaf sugar, and flavour it with orange-flower water, any juicy fruit, or lemon or orange, by rubbing sugar on the peel: set another bowl near the above, with a sieve over it; then whip the cream with a whisk, and, as it rises in a froth, take it off with a skimmer, and put it into the sieve to drain; whip also the cream which drains off, and, when done, ornament with lemon-raspings. This cream may be used before it is set upon custard, trifle, or syllabub.

Clouted Cream.

Put equal quantities of new milk and cream into a pan, which set in an open kettle, half-filled with water; set it over a slow fire, stir it till hot, and when bubbles rise on the surface, before it boils, remove it from the fire, and set it in the dairy for twenty-four hours, when it will throw up a fine rich cream for the table.

A zinc tray has been invented for clouting cream; but it has the disadvantage of spoiling the remaining milk.

Stone Cream.

Dissolve a quarter of an ounce of isinglass in two or three table-spoonsful of boiling water; strain it to half a pint of milk and the same of cream, and sweeten with loaf sugar; set it on the fire, stir it, and, when it begins to boil, pour it into a basin, and stir till nearly cold. Lay in a glass dish greengages, apricots, or any other preserve, fill up with the cream, and when quite cold, ornament it with blanched sweet almonds. Or, this cream may be served in glasses.

Mock Cream.

Stir a dessert-spoonful of flour into a pint of new milk; simmer it, to take off the rawness of the flour, stir in the yolk of an egg, well beaten, and strain it through a fine sieve, .

Fancy Creams.

Put into a bowl or deep dish a pint of cream, to which add three ounces of sifted sugar, the rind of a lemon rubbed on sugar, and a glass of brandy or white wine; whisk them well together; dissolve one ounce of isinglass in a little water, and strain it to the above; beat well, and fill the mould. A table-spoonful of maraschino added to the above will make *Italian cream*.

A table-spoonful of ratafia instead of maraschino will make it *ratafia cream*.

The juice of a lemon or Seville orange, with the addition of a little sugar, will make it *lemon or orange cream*.

Raspberry, strawberry, or any other fruit cream is made by flavouring with the juice of the fruit, and sweetening accordingly.

Preserved pine-apple, with a little of the syrup and the juice of a lemon, will make *pine-apple cream*.

Mille fruit cream is made by mixing with the cream any kind of small fruits preserved. All creams are much improved by putting them into ice until wanted.

Burnt Cream.

Set over the fire in a pan three ounces of sifted sugar, stir it, and when it browns, add a quart of cream, and two ounces of isinglass; boil and stir till the latter is dissolved, when sweeten it, and strain it into moulds.

Or, this cream may be made by boiling it without sugar, adding the yolks of four eggs, sweetening and sifting over it in a dish loaf sugar, to be browned with a salamander.

Coffee Cream.

Boil half an hour two ounces of isinglass in a quart of cream and a eupful of strong, clear coffee; sweeten it with loaf sugar, and pour into moulds.

Or, substitute for the isinglass a pint of clear, plain jelly, made from a calf's foot.

Raspberry Juice for Creams.

Bake the raspberries, squeeze them, and boil the juice for a few minutes, with half a pound of loaf sugar to each pint: when cold, bottle, and cork.

Ices.

Ices consist of the juices of fruits mixed with cream or water frozen by putting the ingredients into a pot, and then setting it in pounded ice, mixed with salt, or with nitre or soda. The freezing-pot should be of pewter, and its contents should be well worked and mixed with a spaddle.

To make ices, set the freezing-pot in a tub or pail, and surround it with pounded ice mixed with salt up to the cover; then put into the pot the articles to be iced, cover it, and turn the pot quickly in the ice till the cream is set, opening it every three or four minutes; then stir the whole together, cover the pot with fresh ice and salt, and let it remain.

All fruit ices are similarly made: thus, mash currants, strawberries, or raspberries, and strain the juice, which add to cream to flavour it, with a little lemon-juice, and powdered loaf sugar to sweeten; then strain it into a freezing-pot, and ice as above. In water-ices, water is substituted for cream.

The above is the general method of making ices in Summer, or the fruit-season. In Winter, the cream or water is flavoured with jams or marmalades, or fruit preserved without sugar, instead of fresh fruits.

Syrup is sometimes used instead of sugar; but, if there be too much of either, or too much water, the mixture will not freeze. Ices should be of the firmness of butter.

To serve ices in shapes, fill them with the frozen mixtures, and cover them with ice and salt till wanted; then wash the shape in cold water, remove the ends of the ice, and it will slip out.

Creams may also be frozen with artificial ice. (*See WINES.*)

To keep Ice.

Before throwing it into the ice-house, break it into pieces, and pound it almost to powder. Lay round the sides and upon the bottom of the house, wheat straw, three or four inches thick. Having laid the ice thus pounded about two

feet thick, dissolve ten pounds of salt in ten gallons of boiling water, and pour it on the ice through a watering-pot; thus proceeding every two feet, watering and laying the sides with straw, till the house is filled, and finishing with a double quantity of salt and water. After it has been in eight days, and when it has subsided, fill up closely with small bundles of straw, to exclude air, as far as possible.

Colouring for Creams, Ices, Cakes, &c

For a beautiful *red*, simmer fifteen grains of cochineal, powdered, with a dram of cream of tartar, and a piece of alum the size of a pea, in half a pint of water, for half an hour, when strain and bottle for use. Or, boiling water poured on sliced beet-root may be used.

For *white*, use finely-powdered almonds, or cream.

For *yellow*, yolks of eggs, or a very small piece of saffron steeped in a little hot water.

For *green*, the juice of boiled spinach or beet-leaves.

For *brown*, chocolate or strong coffee.

All these should be used very sparingly, else they will flavour as well as colour: the saffron is particularly strong.

Bitter almonds are now so well known to be of a poisonous nature, that they are used very sparingly to give a fine bitter flavour to custards, cakes, &c. Black cherry water is nearly as objectionable, and requires caution in use. Orange-flower water is a harmless and delicate flavouring.

Calves' Feet Jelly.

Buy four calves' feet at the butcher's, as those sold by tripe-men are mostly overboiled: take the fat from between the toes, and clean the feet in warm water; then set them on the fire in a large stewpan, with water to cover them, and boil till the liquor is reduced to two quarts; when set, strain it through a fine hair-sieve into a basin, and set it aside to cool; as soon as it is firm, remove the fat in a cake, and wipe the surface with a damp cloth, for, if any grease remain, the jelly will not clarify. Next, put the jelly into a stewpan, with a pound of coarsely-broken loaf sugar, the peel of two lemons, and the juice of four, the whites of five eggs, well beaten, and their shells well broken, with a small piece of cinnamon; whisk all together with a very clean rod, set the pan on the fire, and

beat it till it begins to turn white, and to bubble round the edges; then remove the pan to the side of the fire, put on the cover, upon which place live charcoal or cinders: simmer it for an hour over a very slow fire, add a pint of white wine, and strain it through a bag several times to make it bright. If intended for moulds, half an ounce of isinglass should be added when the wine is put in.

The above will fill two quart moulds, unless the liquor has been too much reduced in boiling the feet, in which case water should be added after the clarifying process is begun, to make up the requisite quantity.

It has been observed by a celebrated cook, M. Lopresti, that if wine be added to jelly, early in the making, it will be wasted by the time the jelly has been boiled, clarified, and strained, the whole of the spirituous part being evaporated, and little, if any, of the useful qualities of the wine remaining: to prevent which, the wine may be added when the jelly has been passed once through the bag.

Jelly, equal to the above, may be made of nicely-cleaned cow-heels, which are much cheaper than calves'-feet.

To clear jelly quickly, when it has boiled twenty minutes, throw in a tea-cupful of cold water, boil five minutes longer, remove it, and set it aside, covered, for three-quarters of an hour; it will then only require once passing through the bag.

Orange and Lemon Jellies.

Simmer in a pint of water one ounce and a half of isinglass, the rind of an orange and a lemon, cut thin, and four ounces of loaf sugar, till the isinglass is dissolved; add to it the juice of two Seville oranges, one lemon, and of sweet oranges enough to make a pint of mixture, simmer a few minutes longer, and strain it through a lawn sieve; let it stand half an hour in a cold place, and then pour it into the mould.

Or, put into a stewpan one quart of good stock, one ounce of isinglass, the thinly-pared rinds of two Seville oranges, two sweet oranges, and two lemons; the juice of three of each, and half a pound of loaf sugar: boil the whole twenty minutes, run it through a jelly-bag, and pour into moulds.

Lemon jelly is made as above.

These jellies are served, garnished with very thin slices of oranges or lemons.

Apple Jelly and Custard.

Put into a stewpan one pound and a half of lump sugar, one pint of water, two pounds of apples, peeled and cored, and the peel of one large lemon; boil together till it is quite stiff; then pour it into a mould, and, when cold, serve it in a dish with good custard.

Grape Jelly.

Spread out ripe grapes upon straw for a fortnight; then pick them from the stalks, boil them a few minutes, and pass their juice through a sieve. Add a quarter of a pound of loaf sugar to each pint of juice, and boil for half an hour; then set it to cool, and in twenty-four hours it will be a fine jelly, especially for invalids.

Punch Jelly.

Dissolve one ounce of isinglass in half a pint of hot water, to which add a quarter of a pint of rum, half the quantity of brandy, and a glass of white wine, half a pound of sugar, and a wine-glass of lemon-juice: stir till the sugar is dissolved, strain it, and pour it into moulds, in ice.

Or, if you have calves'-feet jelly made, warm a pint and a half, and add to it the above quantities of rum and brandy, with a little sugar.

Wine in Jellies.

Wine jelly, when made expressly for invalids, frequently disagrees with the stomach; to prevent which, M. Lopresti recommends brandy to be substituted, with a greater proportion of water, when the jelly will have a finer flavour, and be more nourishing; and the lemon-juice and peel (in calves'-feet jelly,) be rendered more grateful than if combined with wine. M. Lopresti directs three wine-glassesful of brandy for two quarts of jelly; to be added when it has once passed through the bag.

To bake Apples.

Choose any good baking apples, of regular size, rub them with sweet oil, and place them, at a little distance apart, upon a clean baking-tin; lay another tin over them, upon which place three bricks; when half-baked, remove the tin and bricks.

Or, choose large apples; scoop out the core without cutting

quite through, and fill the hollow with butter and fine soft sugar : bake in a slow oven, and serve in the syrup.

Stewed Pippins.

Pare the pippins very thin, halve them, take out the core, and throw them into water ; then make a syrup of a pound of sugar to a quart of water ; skim it, and put in it the pippins, which should be kept whole, and simmered till they are clear : serve in the syrup, with lemon-peel grated over the fruit.

Stewed Pears.

Pare, core, and quarter, a dozen baking-pears, stick a clove in each of them ; put them into a stewpan, with one pound of Lisbon sugar, and cold water to cover them ; stew them gently, and closely covered, till tender : they may be served hot or cold, with cream.

Baked Pears.

Peel large baking pears, halve them, take out the core, stick a clove in each of them, and pack them in a baking-crock ; sprinkle over them one pound of Lisbon sugar, cover them with water, into which put a little bruised allspice, and a few grains of cochineal, tied up in muslin ; then tie over the crock, and bake in a slack oven till the pears are tender. Half a pint of port wine, added with the water, will much improve the fruit and liquor.

Gooseberry Fool.

Put the goosberries, with good moist sugar and very little water, into a stone jar, which tie over, and set in a saucepan of water on the fire ; when the fruit is soft enough, pulp it through a cullender, and to the pulp add milk which has been previously sweetened and boiled with a well-beaten egg in it, so as to resemble cream.

PRESERVING FRUITS.

General Directions.

THE more sugar that is added to fruit, the less boiling is required: for example, jellies made with equal quantities of sugar and fruit-juice require but little boiling.

If jellies be over-boiled, much of the sugar in them will candy and become useless, and the jelly become thin.

Preserves should be properly boiled, or heat will cause them to ferment, and damp to grow mouldy. If not likely to keep, boil them up again.

Syrups may be boiled to any consistence; either simply to preserve, or to candy, the fruit.

In wet seasons, fruit requires rather more boiling than in dry seasons: this should be done before the sugar is added to them.

To elarify sugar for sweetmeats, boil it up twice, in the proportion of a pound to half a pint of water, with the whites of eggs; then set it by, and the impurities will rise to the top in a black scum, or settle.

Whites of eggs are best calculated for elarifying syrups, or any liquids, for, being coagulated in boiling, they combine and rise in a scum with the dregs.

The yolks of the eggs, in this case, may be used for puddings, eustards, &c.: if beaten with a little water, they may be kept several hours in a cool place; if this be not done, the yolks will soon harden, and be useless.

A simple method of *candying*, is to lay some fruits from syrup into a clean sieve; to dip it quickly into hot water, and then put the fruit into a fine cloth, to drain; sift over it refined sugar, and dry on sieves in a moderate oven.

A little powdered alum dissolved in water, and put into the syrup of preserves, with a full quantity of sugar, will sometimes prevent their candying.

The only secret of storing preserves is, to exclude the air from them, and to set them in a dry place, not placing the pots on each other.

To preserve Greengages.

If the gages be unripe, prick them with a pin, put them into a stewpan with cold water to cover them, and sugar,

and set them over the fire ; when the gages float and become tender, remove them, and set them aside in the liquor for three days ; then drain them, and put them into a pan with vine-leaves, and syrup made of equal quantities of sugar and water, to cover them ; heat gently, but do not boil them, till they become green ; then put them into earthen pans, cover them with thicker syrup, and, on the two succeeding days, boil them again in fresh syrup. Greengages thus preserved, may be boiled twice in apple-jelly, and put into pots, or into bottles with white brandy.

Ripe greengages should be split and simmered with half their weight of loaf sugar ; the syrup should be poured off next day, and boiled with the same quantity of sugar as before, and the kernels of the gages blanched and put into it ; then simmer the fruit in the syrup with the kernels, and put all into pots. If to be candied, use only one syrup, and dry.

Apricots and egg-plums may be preserved as above.

To preserve Magnum-bonum Plums.

Prick them, simmer them in a thin syrup, and soak them in it three days ; make a thicker syrup of three pounds of sugar to five pounds of fruit, the sugar, in large lumps, being quickly dipped in water : simmer the plums in this syrup till it hangs about them, when put them into pots

To preserve Cucumbers.

Cut fresh gathered cucumbers into halves, take out the seeds, and cut them in pieces ; soak them in strong brine, with a cabbage-leaf over them, for three days ; then simmer them in two waters, till they are tender, and the salt is out, when drain them : make a syrup of one pound of sugar and half a pint of water, in which boil an ounce of white ginger, scraped ; when cold, pour it over the cucumbers ; in two days, simmer them together in a preserving-pan for ten minutes ; in three days, simmer them again for five minutes ; repeat this twice more, and take out the ginger.

Gherkins may be preserved with the above.

To preserve Ginger.

Take green ginger, pare it with a sharp knife, and throw it into cold water as pared, to keep it white ; then boil it till tender, in three waters, at each change putting the ginger into cold water. For seven pounds of ginger, clarify eight pounds

of refined sugar ; when cold, drain the ginger, and put it into a pan with enough of the syrup to cover it, and let it stand two days ; then pour the syrup to the remainder of the sugar, and boil it some time ; when cold, pour it on the ginger again, and set it by for three days ; then boil the syrup again, and pour it hot over the ginger. Proceed thus till you find the ginger rich and tender, and the syrup is highly flavoured. If you put the syrup on hot at first, or if too rich, the ginger will shrink, and not take the sugar.

To preserve Strawberries whole.

Pick scarlet fruit, and weigh an equal quantity of powdered loaf sugar ; lay the strawberries in a dish, and shake over them half the sugar ; next day, boil the remainder with red currant juice, in which simmer the strawberries until the jelly hangs about them. Serve in the syrup, or in cream, in glasses.

To preserve Quinces.

Pierce the quinces with a sharp knife, scald them, pare, halve, and core them, and stick in each a clove ; put them into a stewpan with water to cover them, and a little bruised cochineal, tied up in muslin ; simmer the halves tender, take them out of the pan, and make a syrup by adding the same weight of sugar as of quinces ; next day simmer them in the syrup till clear.

To preserve Barberries.

Tie them in bunches, and prick them all over ; simmer them in syrup two successive days, or until they are clear, when they should be put into pots, with the syrup. Or, the barberries may be drained, and dried on sieves.

To make jam for tartlets, pick barberries that have no stones, and to each pound of fruit put three-quarters of a pound of loaf sugar ; set them in a stone jar on a hot hearth, or in a saucepan of water, and simmer till the fruit is soft, when turn the barberries and sugar into a preserving-pan, and simmer for twenty minutes.

To preserve Apricots.

Halve and pare ripe apricots, ; or, if they be unripe, boil them in water tender, so as to remove the skin ; lay them in a dish, hollow downwards, and sift over them their own weight of loaf sugar : in twelve hours, put the fruit, sugar, and juice.

into a preserving-pan, and simmer till the fruit is clear, when take it out, put it into pots, and pour the syrup over it.

Red and White Currant Jellies.

Put bunches of ripe currants into jars, which tie over, and set to the neck in a saucepan of boiling water over the fire for half an hour; then squeeze the currants, strain the juice through a sieve, and pour it into a preserving-pan, adding, when the juice boils, loaf sugar, pounded and dried, in the proportion of one pound of sugar to each pint of juice; stir in the sugar, when the juice will soon be ready to jelly, and, if left too long over the fire, the jelly will become candied: put it into small-sized pots, and tie over. White currant jelly is also made as above.

Black Currant Jelly.

Put bunches of black currants into jars, and boil them as in the above recipe; squeeze them, and pass the juice through a jelly-bag; boil as above, with two pounds of dried and powdered loaf sugar to every quart of juice; and put into pots.

Currant jellies should be skimmed till scum ceases to rise, so that they may be clear and fine. If made with less sugar than directed in the two preceding recipes, they must be longer boiled, by which much juice and flavour are lost. Confectioners usually put in with the sugar half an ounce of isinglass, dissolved in water, to each pint of the juice; this makes the jelly very stiff, but is not requisite if the proper proportion of sugar be used.

Jams and jellies should be poured into pots when in a boiling state, by which means a sort of skin or scum forms over the top, which, if unbroken, will keep out the air.

Towards the end of August, jam, jelly, &c., made in July, should be examined, and if there is any sign of fermentation, it must be re-boiled: there is much more trouble on this head during some seasons, (especially when rainy,) than others.

Apple Jelly.

Pare, core, and cut small, any good baking apples, say nine pounds in weight, put them into a stewpan with three pints of water, boil them gently, stirring them till the liquid can be passed through a jelly-bag; then to each pint add three quarters of a pound of powdered loaf sugar, set it on the fire,

boil it fifteen minutes, skimming it, when it will jelly ; but if it be overboiled, it will resemble treacle.

Apple Jelly in Moulds.

Peel and core juicy apples, and boil two pounds of them with half a pint of water to a pulp ; pass it through a sieve ; add three-quarters of a pound of loaf sugar, the juice of one lemon, and one ounce of isinglass, dissolved in very little water ; mix together, strain, and pour into moulds.

Fruit in Jelly.

Boil any preserved fruit, drained of its syrup, in apple jelly, and pour it into moulds or glasses while hot.

Raspberry Jam.

Pulp dry raspberries through a coarse sieve, weigh them, put them into a preserving-pan, boil them quickly, stirring them constantly until the fruit and juice are well mixed ; then put in powdered loaf sugar of equal weight to the fruit, and simmer half an hour.

By this recipe also are made strawberry, currant, apricot, and other jams.

Raspberries should be used as soon after they are gathered as possible, as they very quickly lose their flavour.

Plum Jam

Is an useful preserve in a large family. Choose the large, long, black mussel plum, to each gallon of which add three pounds of good moist sugar : bake them till they begin to crack, when put them into pots, of a size for once using, as the air is apt to spoil the jam.

When fruit is very plentiful, it may be preserved for Winter use by boiling it with a *small* quantity of sugar for a *long* time ; it will then be useful and economical for puddings.

Red Gooseberry Jam.

Top and tail red rough gooseberries, ripe and dry ; weigh them, and put them into a preserving-pan, with a pint of currant-juice to every dozen pounds of fruit ; boil them quickly, and mash them with a spoon ; then to each pound of fruit put three-quarters of a pound of good Lisbon sugar ; simmer slowly about three-quarters of an hour, or till the skins are tender, when put into small jars : examine the jam in two or three days, when, if the fruit has separated from the syrup,

boil the jam again, and tie over. This is a rich yet economical preserve for large families.

By the Scottish method, the gooseberries are not mashed, but merely slit with a knife, and boiled whole with the sugar.

Blackberry Jam.

Pick the blackberries in dry weather, and to every pound of them add half a pound of coarse brown sugar; boil for about three quarters of an hour, stirring it well, put it into jars, and tie over when cold. This is a very cheap and wholesome jam, especially for children.

Damson Jam.

Bake the damsons, so that you may remove the stones; then, to every pint of fruit put three quarters of a pound of good moist sugar, boil about twenty minutes, put into jars, and, when cold, tie over.

Quince Marmalade.

Peel, cut into quarters, and core two pounds of sharp apples, and the same quantity of quinces; put them into a jar with half a pound of powdered loaf sugar sprinkled over them, half a pint of water, and a little bruised cochineal in muslin; and set them in a slack oven till tender, when take out the cochineal, and pulp the fruits to a marmalade.

Orange and Lemon Marmalades.

Weigh an equal quantity of Seville oranges and pounded loaf sugar; cut the oranges into quarters, take off the peel, and soak it twelve hours in salt and water; squeeze the juice and pulp into a pan, pick out the skins and seeds, and add the sugar; boil the peel in spring water till tender, and with a silver spoon scrape out the white; lay five or six peels together, and cut them into very thin strips, as long as possible; lastly, add the peel to the juice, pulp, and sugar, and boil and stir for twenty minutes; when cool, put it into pots.

Or, boil the oranges whole in two or three waters, till they become so tender that you can pierce them with a straw; then take off the rind very thinly, and pass the pulp through a sieve; to every six pounds of pulp add seven of sugar, boil slowly till clear, when add the peel cut as above, and boil up.

The season for Seville oranges is in March and April, when this marmalade should be made.

Lemon marmalade is also made as above.

Orange Marmalade.—Scottish method.

Weigh an equal quantity of Seville oranges and loaf sugar; cut the oranges into halves, take out the pulp, and put the rinds into cold water; boil them till tender, changing the water once or twice, and when cold, remove the white from the peel; mash the orange pulp, and squeeze it through a cloth, adding a little water the second time of squeezing; then shred the peel finely, add the juice and sugar, and boil twenty minutes over a slow fire.

Damson or Plum Cheese.

Bake the fruit in a stone jar, with a few of the kernels to flavour it; then pulp it through a coarse sieve, and to each pound of pulp, free from skin and stone, add half a pound of powdered loaf sugar, in a pan; boil and skim till the sides candy, when pour the cheese into shallow pans, previously rubbed with butter, and tie them over.

Pear Syrup.

The preparation of pear syrup, though little known in England, forms an important branch of rural economy in many parts of the Continent. The pears are first heated in a saucepan over the fire, until the pulp, skins, &c., have separated from the juice, which is then strained, and gently boiled to the thickness of treacle; but it has a more agreeable flavour. On the Continent, it is given by the poor to their children on bread, instead of butter or treacle; and it is much used in making gingerbread.

Raspberry Vinegar.

Put one quart of raspberries into a quart of the best vinegar, and let them stand a week, stirring them occasionally; then add one pound of loaf sugar, boil slowly twenty minutes, strain, and bottle.

Or, cover raspberries with the best vinegar, let them stand a day, and strain through a flannel bag; then make a syrup that will feather, and boil an equal quantity of it and the raspberry juice for ten minutes; strain it through a cloth, and bottle.

Brandied Cherries.

Put into a large wide-mouthed bottle very ripe black cherries, add to them two pounds of loaf sugar, a quart of

brandy, a few cloves, and a few morella cherries; bruise a few more cherries, and simmer them with powdered loaf sugar, strain the juice and add it to the mixture in the bottle; cork closely, and set in the sunshine, or in a warm place, for a fortnight or a month, when the cherries will have acquired a delicious flavour.

Fruits in Brandy.

Gather unripe plums, apricots, cherries, or other pulpy fruits, and soak them twelve hours in hard water, or in alum water, to make them firm. Then bottle the fruit, and pour upon it the brandy, to which has been added sugar in the proportion of five ounces to each quart: as the juice of the fruit weakens the spirit, it ought to be strong.

To dry Cherries with Sugar.

Stone six pounds of Kentish cherries, lay them in a preserving-pan, and strew over them two pounds of powdered loaf sugar: simmer the cherries till they begin to shrivel, when take them out, drain them, and dry them on sieves in an oven or on a stove.

To dry Cherries.

Dried cherries are useful for dessert in the Winter and Spring. To dry them, gather them when ripe, and do not break or bruise the skins; spread them on earthenware dishes, and place them in a very cool oven; next day increase the heat, and in a few hours they will be dry enough to put into bottles. The Kentish cherry being rather acid, requires a longer time than any other kind: but it is more valuable, because, in fevers, it is excellent to moisten the parched mouth.

To dry Apples.

Choose beauffin apples, or pippins, sound and clear; lay them on clean straw on a baking wire, cover them also with straw, and set them in a slack oven for four or five hours; take them out and flatten them with the hand each hour, and when cold, rub them with a little syrup. Apples thus prepared, will be equal to the celebrated Norfolk "biffins."

Dried Apples and Pears.

The apples and pears received from France in a dried state, are thus prepared. The fruit is put into boiling water, in

which it is left until it becomes soft. It is then taken out, and carefully peeled, the stalk being left on. To prevent any loss of juice, the fruit is placed on a strainer over a dish; it is next put into an oven heated as for bread, and left there twenty-four hours; when taken out and cold, the fruit is pressed flat between the hands, and, after being dipped into its juice, it is packed in boxes and exported. For use, these apples and pears should be warmed in a rich syrup until they become pulpy and sweet.

To bottle Fruit.

Pick any kind of fruit not dead-ripe, and put it into wide-mouthed bottles; set the bottles in a kettle, with cold water up to the necks, place them over the fire, and when the fruit begins to sink and is scalded, remove it: when cold, fill up each bottle with boiled spring water, cold: cork the bottles and lay them on their sides, or set them with the corks downward in a rack.

Or, fill the bottles with boiling water, and set them aside till next day, when fill them up to the neck with cold water, and into each bottle pour a tea-spoonful of salad oil; tie bladder over them instead of corking them, and when the fruit is to be used, pour all the water from it.

Or, the fruit in the bottles may be set in an oven when the bread is drawn, and let stand till shrunk a quarter part, when the bottles should be corked closely.

The following method may be practised by persons resident *in the country*; gather the fruit on the morning it is to be used, bottle it instantly, cork it tightly, fasten with wire, and steam *the same day*.

All fruit, *gathered and bottled the same day*, may be preserved without loss by breakage of bottles, and will keep well; when the fruit is not gathered the same day, there will be much breakage; the fruit will then be liable to show a small white spot, and will become musty.

To bottle Red Currants.

Pick the currants unbroken from the stalks into dry open-mouthed bottles, adding as you fill, two ounces of finely-sifted loaf sugar, so that it may fall on each layer of currants; fill the bottles, rosin the corks, and keep them in a bottle-rack, with the necks downward.

CAKES AND BREAD.

Making Cakes.

FLOUR should be of the finest quality, dried before the fire, and carefully sifted.

Sugar should also be dried, and rubbed to powder on a clean board: it should then be sifted through a fine hair or lawn sieve.

Currants should be well washed, picked, and dried; and large fruit should be stoned.

Eggs should be well beaten, whites and yolks together; it was an error of old to suppose the whites made cakes heavy.

Butter should be beaten cold to a cream.

The lightness of cakes depends on all the articles being well beaten together; they should generally be put into the oven immediately, or, if they be not plain, the fruit will sink.

When yeast is used, a cake should stand for some time to rise, before it is put into the oven.

All stiff cakes should be beaten with the hand; but pound and similar cakes should be beaten with a whisk or spoon.

The goodness of a cake depends almost wholly on careful baking. The oven for large cakes should be pretty quick, or the batter will not rise; paper should be put over the top to prevent their scorching. To judge whether a cake be ready, plunge into the middle a clean knife; draw it out instantly, when, if the blade be sticky, the cake is not done, and should be returned to the oven; if the blade be clean, the cake is ready.

Great attention should be paid to the different degrees of the heat of the oven for baking cakes: it should be, at first, of a sound heat, when, after it has been well cleaned out, such articles may be baked as require a hot oven; then, such as are directed to be baked in a moderately heated oven; and lastly, those in a slack or cooling oven. With a little care, the above degrees of heat may soon be known.

Rich cakes keep good for a longer period than plain ones; as water is not used in making the former, and sugar, of

which they contain much, will not ferment unless it be dissolved in water

Cakes are best kept in earthen pans, or in tin; but they soon become dry in drawers or wooden boxes.

Cakes wetted with milk eat best when new, but do not keep so well as others.

Rich Plum Cake.

Weigh two pounds of fresh butter; powder and sift half a pound of loaf sugar; dry and sift two pounds of flour; beat separately, the whites and yolks of sixteen eggs; wash, pick, and dry two pounds of currants; blanch and slice lengthwise, six ounces of sweet, and two ounces of bitter almonds; cut into small pieces, half a pound each of candied citron, orange, and lemon peel: first work with the hand the butter to cream, then beat in the sugar, next the whites of the eggs in a strong froth, and the yolks previously beaten half an hour; then add the flour, a quarter of an ounce of pounded mace, one grated nutmeg, and a quarter of a pint of brandy; beat the whole twenty minutes, and, lastly, beat in lightly the currants, almonds, and candied peels; bake three hours in a hoop papered and well buttered. This cake should be richly iced.

Smaller rich Plum Cake.

Beat to a cream three-quarters of a pound of fresh butter, to which add the same quantity of sifted loaf sugar and of sifted flour, the whites of ten eggs beaten to a froth, and the yolks of the same beaten half an hour, half a nutmeg grated, and a little pounded mace; lastly, work in one pound and a half of currants, washed and dried, and half a pound of mixed candied peels cut small, and a glass of brandy; bake two hours.

Plain Plum Cake.

Beat six ounces of butter to a cream, to which add six well-beaten eggs; work in one pound of flour and half a pound of sifted loaf sugar, half a pound of currants, and two ounces of candied peels; mix well together, put it into a buttered tin, and bake in a quick oven.

Cake without Butter.

Beat well five eggs, to which add six ounces of sifted

sugar, and four ounces of flour; bake in a mould, in a moderate oven. A few caraway-seeds may be added to the above cake.

Common Cake.

Knead into two pounds of dough, a quarter of a pound of good moist sugar, the same of butter warmed, and a few currants or caraway-seeds; bake in a tin or pan.

A good Cake.

Mix into a paste two pounds of flour, half a pound of warmed butter, and two table-spoonsful of yeast; set it to rise an hour; then work in four well-beaten eggs, yolks and whites separately, one pound of powdered loaf sugar, a tea-spoonful of ginger, the same of ground allspice, and the rind of a lemon grated; beat well together, with three quarters of a pound of currants, or a few caraway-seeds.

A plain Cake.

Mix together three quarters of a pound of flour, the same of moist sugar, a quarter of a pound of butter, one egg well beaten, and two table-spoonsful of milk; bake moderately.

Seed Cake.

Put into a pan three pounds of flour and half a pound of good sugar; mix about half a pint of tepid milk and a table-spoonful of yeast, and pour them into a hollow made in the middle of the flour: gently stir in flour to make the mixture the thickness of cream, cover up the pan, and set it before the fire for an hour; then work it into a dough, adding half a pound of warmed butter, and some more milk, with an ounce, or an ounce and a half of caraway-seeds, a tea-spoonful of ground ginger, and the same of ground allspice; put it into a hoop, or in a tin, set it for ten minutes before the fire, and bake it about an hour in a moderate oven.

Rich Seed Cake.

Break fourteen eggs into a pan, and whisk them twenty minutes; then add them with one pound of powdered sugar, to a pound of butter beaten to cream; beat them well together, adding three ounces of caraway-seeds, and a pound and a quarter of flour; line a tin with three papers, put four or five at the bottom, and bake in a brisk oven about an hour

and a half; when the cake has risen, and the oven scorches, cover the top with writing-paper.

Light Seed Cake.

Work into two pounds of dough, half a pound of warmed butter, three well-beaten eggs, half a pound of sugar, a little nutmeg and ginger, and four ounces of caraway-seeds; bake in a tin.

Iceing for Cakes.

For a large cake, beat and sift three quarters of a pound of loaf sugar through a very fine sieve into a clean pan; break in the whites of four eggs, and add about as much powder-blue as will lie upon a fourpenny silver piece; beat it with a wooden spoon until it becomes thick and white; set the cake in a slack oven or warm place a few minutes, then spread the iccing over the top and sides of the cake with a broad knife, and set it in a cool oven or stove to harden.

A cheap and quickly made Cake.

Beat separately the yolks of five, and the whites of three eggs; dissolve six ounces of sugar in a wine-glass of water over the fire, and pour it gradually into the eggs; when just cold, mix in by degrees a quarter of a pound of flour; and bake three quarters of an hour in a quick oven.

Derby, or Short Cakes.

Rub one pound of butter into two pounds of sifted flour, add one pound of currants, one pound of good moist sugar, and two beaten eggs mixed with half a pint of milk; work the whole into a paste, roll it out thinly, cut it into cakes, and bake them about five minutes in a moderate oven.

Shrewsbury Cakes.

Make a stiff paste of a pound and a half of flour, three quarters of a pound of sifted loaf sugar, a tea-spoonful of pounded cinnamon, half a pound of warmed butter, and one egg, with a little milk; roll it out thin, cut round, and bake on a tin, in a slack oven.

Mrs. Hill's Cakes.

Mix into a stiff paste one pound of flour, one pound of loaf sugar, a quarter of a pound of butter warmed, the yolks of two

eggs, and the peel of two fresh lemons grated finely; roll and shape into thin cakes, and bake when the bread is drawn.

Sweet Caraway Cakes.

Mix well together one pound and a half of fine flour, half a pound of butter warmed, the same of sugar, two well-beaten eggs, and two ounces of caraway-seeds; roll the paste thinly, cut out, and bake on floured tins.

Small Plum Cakes.

Mix six ounces of powdered loaf sugar with one pound of flour, to which add six ounces of butter beaten to a cream, three well-beaten eggs, and half a pound of currants: beat all to a stiff paste, which drop on floured tin plates, and bake in a brisk oven.

Excellent Lemon Cakes.

Beat well the yolks of six eggs, to which add a table-spoonful of orange-flower water, the juice of two lemons, strained, and their peels finely rasped, with eight ounces of powdered loaf sugar; beat them together till very light, when mix in the whites of the six eggs highly whisked; and when well mixed, sift and mix in six ounces of dried flour as lightly as possible; bake moderately on buttered tins, with five or six layers of paper beneath the cakes.

Rice Cake.

Beat well eight eggs, to which add half a pound of rice flour, the same of loaf sugar, powdered and sifted, and the peel of a lemon grated; bake in a buttered tin.

Half a pound of butter beaten to cream will be a fine addition to the above.

Ginger Cakes.

Make a stiff paste of a pound and a half of flour, half a pound of butter, the same of loaf sugar, a well-beaten egg, and sufficient milk, with a table-spoonful of the finest ground ginger; roll out thinly, and bake on a tin.

Plain Tea Cakes.

Make a paste of one pound of flour, half a tea-spoonful of salt, half a pound of butter warmed, and three well-beaten eggs; roll it half an inch thick, cut into cakes, dust with flour and bake upon tins in a moderate oven.

Rich Tea Cakes.

Mix one pound of flour, one pound of sifted loaf sugar, half a pound of currants, half a pound of butter warmed, the yolks of five eggs, and half a nutmeg grated; roll thin, cut into cakes, and bake them upon a tin.

Pound Cakes.

Beat to cream one pound of butter, and work it smoothly with one pound of sifted loaf sugar; add nine well-beaten eggs, and mix in lightly, one pound of flour, half a nutmeg grated, and a little pounded cinnamon or mace; beat together half an hour, and bake about an hour in a brisk oven.

Candied lemon peel cut thin, and blanched and chopped sweet almonds, are sometimes added; and half a pound of currants will make the cake much richer.

Half the above proportions will make a moderately sized cake.

Family Pound Cake.

Beat to a cream half a pound of butter, add one pound of dried flour, half a pound of powdered loaf sugar, half a pound of dried currants, or caraway-seeds, four well-beaten eggs, and half a pint of milk; beat well together, and bake with care.

Savoy, or Sponge Cake, in a Mould.

Beat separately the yolks and whites of eight eggs, and to the yolks add one pound of powdered loaf sugar, the peel of a lemon grated, and the whites of the eggs highly whisked; stir in, gradually, three quarters of a pound of sifted flour; prepare the mould by brushing it with warmed butter, upon which sift sugar, nearly fill it with the batter, paper the mould, outside, and bake one hour in a slack oven; a few minutes after it is taken from the oven, gently shake out the cake from the mould. This is an elegant centre cake for desserts or supper, especially when tastefully garnished.

Almond Sponge Cake.

Pound eight ounces of blanched almonds very finely, adding a little water to prevent their oiling; add to them half a pound of sifted loaf sugar, some grated lemon peel, and mix all with the well-beaten yolks of seven eggs; beat them together, and add the whites of five eggs whisked, with two

ounces of dried and sifted flour ; prepare the mould, and bake as a Savoy cake.

Almond Cakes.

Blanch half a pound of almonds, and pound them very finely ; mix with them half a pound of sifted loaf sugar, and make them into a paste, with six whites of eggs ; drop them the size of a crown-piece upon wafer-paper, lay on each blanched and split Jordan almonds, and bake in a moderate oven.

Rout cakes are made of beaten almonds, sugar, and *yolks* of eggs in the above proportion, shaped in various forms, and ornamented.

Ratiffa cakes are made as almond cakes, but with half sweet and half bitter almonds ; and are dropped the size of buttons upon wafer paper.

Almond and ratiffa cakes are dropped through a biscuit funnel, which is a bladder, with a pipe attached to it.

Diet Bread Cake.

Simmer one pound of loaf sugar in a quarter of a pint of water, which pour hot upon eight well-beaten yolks and four whites of eggs ; beat till cold, when add one pound of flour, grate in lemon peel to flavour, sift sugar over, and bake in papered tins, from which remove the cake while hot.

Excellent Gingerbread.

Mix half a pound of brown sugar, one pound and a half of treacle, two beaten eggs, one ounce of powdered ginger, and of powdered mace, cloves, and grated nutmeg, mixed, half an ounce ; add two pounds of butter warmed, and as much flour as will form a stiff paste, which roll and cut out, and bake on tins in a quick oven.

Plain Gingerbread.

Mix with one pound and a half of flour, four ounces of warmed butter, the same of coarse sugar, half an ounce of ground ginger, and the same of ground allspice ; make it into a paste with three ounces of hot treacle, and bake on a tin.

Gingerbread Nuts.

Mix one pound of flour with a pound of treacle, half a pound of moist sugar, two ounces of candied orange peel, one ounce of ground ginger, half an ounce of ground allspice, and

six ounces of butter warmed ; mix well together, set aside an hour, and roll it into small pieces, which flatten, and bake on a plate in a slack oven.

Short Bread.

Work into a paste two pounds of flour, one pound of warmed butter, and a quarter of a pound of powdered loaf sugar, two ounces of blanched almonds, the same of candied orange and lemon peels, cut finely, and the same of caraway-comfits ; form it with the hand into a round, about an inch thick, cut it into quarters, pinch each at the edge, prick the top with a fork, and lay on it a few comfits and small strips of candied peel ; bake upon paper on a tin.

Plain short bread is made with the above proportions of flour, butter, and sugar only.

Apple Bread.

Weigh seven pounds of fresh juicy apples, peel and core them, and boil them to a pulp, which mix with fourteen pounds of flour, the usual quantity of yeast, as in common bread, and a little water, if requisite, to form a dough ; put it into a pan to rise eight or twelve hours, and bake in small long loaves. This bread is much eaten in France.

Plain Buns.

Weigh two pounds of flour, and set sponge with half of it, three table-spoonsful of yeast, and half a pint of warmed milk ; cover it, and in about an hour, or when it has risen, add a quarter of a pound of sugar, the same of butter warmed, and the remainder of the flour, with warm milk enough to make a light dough ; let it rise an hour, then work it into cakes or buns, place them on a buttered tin to rise, and bake them in a brisk oven about ten minutes ; when done, brush them over with milk and sugar.

Spice may be added to the above ; as three quarters of an ounce of allspice and cinnamon mixed ; and an ounce of coriander-seeds, ground very finely. Buns made with these additions, are eaten on Good Friday.

Seed, or Currant Buns.

Make two pounds of dough as for plain buns, adding two or three well-beaten eggs, spice as above, and one ounce of caraway-seeds ; ice them with white of egg and sifted sugar, and bake as plain buns.

For currant buns, add half a pound of currants instead of the caraway-seeds, with two ounces of candied orange peel; and bake as above.

Rich Bath Buns.

Work half a pound of butter into a pound of flour, to which add five well-beaten eggs, with a table-spoonful of yeast: mix them with a little warm milk, cover the dough, and put it in a warm place to rise for an hour; then mix in four ounces of loaf sugar, and three ounces of caraway-comfits, and strew a few on the top of each bun; bake in a brisk oven, and when done, brush them over with milk and sugar.

Breakfast or Tea Cakes.

Make a stiff paste of one pound of flour, two well-beaten eggs, one ounce of butter, half a tea-spoonful of salt, and sufficient warmed milk; set it before the fire half an hour, then roll it into cakes the size of a saucer, dust them with flour, and bake them in a clean frying-pan, or upon an iron-plate before the fire.

Or, set sponge two pounds of flour, a tea-spoonful of salt, with two table-spoonsful of yeast in half a pint of warm water; cover it with a cloth, and let it rise; then make it into cakes, put them upon floured tins, and, in a short time, bake them in a quick oven.

Yeast Cake.

Weigh one pound and a quarter of flour, a quarter of a pound of sugar, the same of butter, and one pound of currants; set sponge, with half of the flour and two dessert spoonsful of yeast, a tea-spoonful of salt, and half a pint of milk; work into the other half of the flour, the butter warmed, and the sugar, with sufficient milk; mix together, add the currants, and bake about two hours.

A richer yeast cake than the above may be made by adding butter, currants, candied peels, and spice.

Yorkshire Cakes.

Make a light dough of two pounds of flour, a tea-spoonful of salt, and three table-spoonsful of yeast, mixed with four ounces of warmed butter, and sufficient warm milk; set it to rise for three quarters of an hour, knead it, make it into cakes, which put on a tin in a warm place to rise; bake them in a moderate oven, and brush them over with milk and sugar.

Sally Lunn Tea Cakes.

Rub half a pound of warmed butter into two pounds of flour, to which add a quarter of a pint of yeast, one pint of warmed milk, and a tea-spoonful of salt; cover it, and put it in a warm place to rise about an hour; make it into cakes the size of a large plate, allow them time to rise, and bake them on tins in a quick oven.

Muffins.

Make a batter of one pint of warm milk, a quarter of a pint of yeast, a tea-spoonful of salt, and sufficient flour; cover it till it has risen, when add a quarter of a pint of warm milk, and flour to make a dough; cover it, let it stand half an hour, and work it up again, break it into pieces, cover them a quarter of an hour, and bake them on a stove or hot plate; when done on one side, turn them.

Crumpets.

Make batter as for muffins, and let it stand a quarter of an hour; pour the batter into tin rims, buttered, upon a stove, and, when done on one side, remove the rim, and turn.

Muffins and crumpets are best baked on a stove; but they may also be baked in a pan over a slow fire.

To make Pikelets.

Mix half a pint of milk with the same quantity of water, add one ounce of butter, three lumps of sugar, and a little salt; put them in a saucepan over the fire, stirring the mixture till it is rather warmer than new milk; then beat the yolks of two eggs, the white of one, with a table-spoonful of yeast that is not bitter, and stir them into the milk, &c.; gradually add one pound of dry fine flour, and stir quickly till the whole is free from lumps: pour the mixture into a jug which it will not quite half fill, cover it with a plate, and set it by the fire till the contents rise to the top of the jug. Butter the stove, or baking-iron, pour on the batter either with or without hoops; the pikelets will soon bake, and may be turned with a broad knife.

Biscuits.

Make a very stiff paste with flour and water, beat, chop, and knead it, cut it into pieces, which flatten and mould with the hand, and strike holes in them with a fork or skewer; sprinkle flour over them, and bake on the tiles of the oven.

Superior biscuits are made of flour, kneaded into dough with skimmed milk, with which is mixed a little butter or the yolk of an egg.

Sweet Biscuits.

Make a stiff paste of one pound of flour, half a pound of butter, the same quantity of powdered loaf sugar, one egg, and sufficient cold water: roll it out, flatten, cut it into shapes, and bake upon tins.

Rusks.

Mix one pound and a half of flour with two ounces of sugar; and a quarter of a pint of milk, with a wine-glassful of yeast, and a quarter of a pound of butter, warmed; set sponge with the above, and let it rise; work up the dough, and make it into small flattened loaves or cakes; bake on a tin, and next day slice them, and brown them in the oven.

Rusks may be made richer than the above by the addition of well-beaten eggs.

MAKING BREAD.

HOME-MADE bread has many advantages over that made by bakers; the former is full of flavour, while the latter is comparatively tasteless. Home-made bread is firm, goes far, and keeps well; indeed, it will be improved by being kept for seven days before it is used: now, bakers' bread is light, white, and spongy; but it can scarcely be kept four days: it may be more slightly than bread made at home, but, to produce this appearance, so many articles are mixed with the flour as to diminish its nutritious qualities.

It has also been proved that excellent home-made bread can be produced, even with flour at 6s. and 6s. 6d. per bushel, at from 4½d. to 5½d. per loaf of four pounds.

Potatoes will make bread light and spongy; but, as it loses its colour, it parts with its flavour. It has also been proved, that potatoes in bread save no money; for they contain so much water, that if a third of the flour be taken away, and potatoes substituted for it, the apparent gain will be a loss.

Grist-flour is best adapted for all purposes, except pastry: this is from the best wheat, divested from the bran only; but this flour can only be had by purchasing wheat and sending it the mill to be ground.

The whitest bread is made from flour freed from pollard and bran ; but this is not an economical flour.

A bushel of flour will make a batch of bread sufficient for one week's supply of a large family. To convert this into bread will require one pint of brewers' yeast, or a pint of the thick sediment from the yeast of home-brewed beer : in either case, the yeast should be mixed with as much milk-warm water.

If flour be new, after a wet season, sal-ammoniae, dissolved in warm water, and mixed with the dough when stiff, will make the bread light, which would otherwise be heavy. The quantity of sal-ammoniac required, is one ounce to fourteen pounds of flour ; and it is harmless, as this article is much used by bakers in making light biscuits.

New flour never makes good bread ; it should lie over for three months before it will be fit for the baker ; on the other hand, too much age damages flour.

Old flour requires little salt ; new flour requires twice as much salt as old.

Yeast is used in making bread, because it lightens it, by inflating the bread in all parts with fixed air. Salt gives flavour, and causes the dough to rise better. Alum is used by fraudulent bakers to whiten bad flour ; and because it enables the dough to retain more water, and thus become heavier. Two adhering loaves of bread adulterated with alum, will generally separate unevenly, one taking with it a portion of the other.

Yeast.

The management of the yeast, or ferment, as it is called, is of great importance. If the yeast of home-brewed beer be used, as it is very bitter, it should be washed in plenty of water, and set aside till the yeast settles, and has lost its bitterness, when the water should be poured off. Whichever yeast be used, it should be mixed with half a dozen table-spoonsful of fresh bran, and a pint of warm water, and then be strained through a hair sieve.

To set the Sponge.

To set the sponge, put the flour into a trough, or a glazed earthen pan, large enough to contain twice the quantity of flour ; make a deep hole in the middle of the heap, and pour

into it the diluted yeast; stir into it with a spoon so much of the surrounding flour as will make a thin batter, upon which throw a handful of flour: then cover the pan with a folded cloth, and set it by the fire, regulating the distance by the state of the weather, and the season of the year.

The sponge having stood some time, it will be found to have risen considerably, and cracks will be formed in the flour covering: when these cease to widen, form the mass into dough, as follows:—strew six ounces of salt over the heap, and then, beginning round the hole containing the batter, work the flour into it, pouring in milk-warm soft water, as it is wanted, to knead it into a firm dough, and to mix the fermented paste with the whole mass, which is to be brought into the centre of the trough or pan, and dusted over with flour. Then cover it up to rise, and, in cold weather, place it near the fire: if well kneaded, it will have risen in an hour, when it should be formed into loaves, before it begins to fall back.

In warm weather, the fermentation of sponge and dough should be closely watched: if either be left above the proper time, there is a risk of sourness and heaviness.

The common mode of shaping loaves is as follows:—the mass of dough being made into a short roll, it is broken into halves, each of which is moulded into a thick cake; one of these cakes is then laid upon the other, both are pressed together, and the upper one is pressed with the elbow in the middle. Be careful that no dry flour gets between the two parts of a loaf, else they will not unite perfectly, and the loaf will be apt to split.

In all cases when the dough has accidentally been made too soft, the oven should be cooler than at other times.

Meanwhile, the oven, of *brick*, with a tiled floor, should be heated with furze and fagots, which will occupy an hour.

Heating the Oven.

The oven is known to be properly heated to receive the bread, when a little of the newest flour, thrown in on its floor, blackens without taking fire: old flour will not suit this test.

It may here be observed, that the iron ovens, attached to grates and kitchen ranges, in most cases, will spoil the bread attempted to be baked in them, as it will be either burnt or not evenly baked. If, therefore, a family possess not a brick oven, it will be advisable to send the bread to a baker.

The dough should be cut up by the time the oven is hot : the former should be lightly rolled into loaves, which should be singly dusted with flour, and set in the oven upon a peel, which should also be floured ; the fire having been previously raked out of the oven, and its floor cleaned with a wet woollen mop, by a second person.

The oven-door should then be securely closed, and if the bread be about the four-pound size, the whole will be baked in two hours ; though it is advisable to open the door during the baking, to see how it is going on.

The heat of the water for bread should be as follows :— in Summer, milk-warm, in Winter a little more, and in frosty weather, as hot as the hand can bear : but never scalding, or the flour will be spoiled.

Bread for toasting.

Set before the fire two pounds of flour, and rub into it half a pound of warm mealy potatoes : add enough yeast, salt, and warm milk and water to make it into dough ; let it rise two hours, when bake it in a tin, but moderately. This will be excellent bread for buttered toast.

Bread with Potatoes.

Wash, pare, and boil three pounds of potatoes ; when they are ready to break, strain off the water, dry them, and mash them while warm ; rub them well into seven pounds of the best flour, with about a table-spoonful of salt ; when thoroughly mixed, gradually work them into a dough, with a quart of milk-warm water, and three table-spoonsful of yeast, stirred together. After the dough is formed, it should remain four hours before it is baked.

Bread with an excess of potatoes in it, is remarkable for its tendency to crack and crumble, and for a dark streak, sometimes a little transparent, which runs along the margin of the under-crust. When such bread is stale, and is cut even with a sharp knife, it will stick to the blade, and appear clammy.

Rice in Bread.

Simmer till soft a pound of rice in two quarts of water ; when cooled, mix it thoroughly with four pounds of flour, four large spoonsful of yeast, and salt as usual ; knead it well, and

set it to rise before the fire, having saved some of the flour to make up the loaves. Thus may be produced eight pounds and a half of very good bread.

To economise Flour.

Boil five pounds of the coarsest flake bran in rather more than four gallons of water, so that, when quite smooth, you will have three gallons and three-quarters of bran-water ; with which knead fifty-six pounds of flour, adding yeast and salt as for other bread. Thus, fifty-six pounds of flour may be made to produce as much bread as sixty-seven pounds, four ounces, of flour when mixed with plain water.

Brown Bread

May be made by the above recipe, allowing a little more yeast, less water, and kneading the dough for a longer time.

The brown bread which possesses the laxative property is made in farm-houses from tail wheat, the bran of which is extremely fine, and retained in the meal.

Excellent Brown Bread.

Weigh of the finest or household flour, thirty-six pounds ; and of good and sweet pollard, fine "seconds," four pounds ; make up the dough, and be careful to soak the oven properly, as this bread burns more readily in a fierce oven than the pure white bread.

Good Rolls.

Warm half a pint of milk, with a small piece of butter in it, and add to it a table-spoonful and a half of yeast, and a little salt ; mix the above with two pounds of flour, and, when it has risen, knead it, divide it into rolls, and bake them in a quick oven.

French Bread and Rolls.

For seven pounds of fine flour, mix a quart of lukewarm milk, a little salt, a quarter of a pound of warmed butter, half a pint of washed yeast, and two well-beaten eggs ; add the flour, handling it as little as possible : let the dough rise, make it into small loaves or rolls, bake on tins, in a quick oven, and rasp them.

Or, weigh fourteen pounds of fine flour, and make a small quantity of it into dough with warm water, in which is dis-

solved a handful of salt; wash a pint of yeast with cold water to remove the bitterness, and work it into the dough, which put in a warm place to rise; meanwhile, mix the remainder of the flour with half a pound of butter warmed, six well-beaten eggs, and some warm milk; quickly add the above to the sponge first set, if it has sufficiently fermented, and set the dough in a warm place; next, divide it, and bake in a moderate oven: when done, rasp the bread.

French rolls are mostly of oblong shape; but when intended for dinner or supper, they are of a round shape, flattened.

This bread may also be baked upon tins, or in shapes; but it will be lightest if baked on strong buttered paper.

To make Yeast.

Boil one pound of flour, a quarter of a pound of brown sugar, and a little salt, in two gallons of water for an hour; when milk-warm, bottle it, and cork it closely. It will be fit for use in twenty-four hours. One pint will make eighteen pounds of bread.

Or, boil for ten minutes, in two quarts of water, one pint of bran, and a small handful of good hops; strain it, and, while milk-warm, add three table-spoonsful of beer yeast, and two of brown sugar; put it into a jug, and set it by the fire to ferment. It should be bottled, tightly corked, and kept in a cool place.

Potato-flour and Arrow-root.

Potato-flour may be known from arrow-root by rubbing a little of it between the finger and thumb, when it will be observed that the potato-flour is softer to the *touch*, and more shining to the *sight*, than arrow-root. The jelly formed with boiling water is, in both cases, alike, though some persons make serious charges against one or the other, that they "turn to water." But this change does not take place unless sugar be added to the jelly.

Pearl Barley

Has long been used in Scotland in broth, and, when boiled with milk, is sometimes called Scotch rice. The best mode of using it is to pound it in a mortar, when it will equal tapioca, or ground rice, and can be easily procured at one-twelfth of the price of the first, and one-third of the price of the last, article.

COOKERY FOR THE SICK.

To make Gruel.

Mix a dessert-spoonful of fine oatmeal, or patent groats, in two of cold water, add a pint of boiling water, and boil it ten minutes, keeping it stirred.

Or, boil a quarter of a pint of groats in a quart of water for about two hours; and strain through a sieve.

Stir into the gruel a small piece of butter, and some sugar. nutmeg, or ginger, grated: or, if it be not sweetened, add a small pinch of salt.

Barley gruel is made by boiling four ounces of pearl barley in two quarts of water till reduced about half, when strain, and sweeten.

Brown Caudle.

Warm two quarts of gruel, made of oatmeal or groats, as above, with a blade or two of mace and a piece of lemon-peel in it; strain it, and stir it till cold. When to be used, add a pint of good ale, that is not bitter, to each quart of gruel, with a gill of wine, sugar to the palate, and warm together: where wine is not used, the caudle should consist of one-half ale.

White Caudle

Make the gruel as above, strain through a sieve, and stir it till cold. When to be used, sweeten it to taste, grate in some nutmeg, and add a little white wine: a little lemon-peel, or juice, is sometimes added.

Brandy is sometimes put into caudle with, or instead, of wine, table-beer instead of ale, and capillaire for sweetening instead of sugar: the yolk of an egg, well beaten, may likewise be stirred in when the gruel is boiling.

Flour Caudle.

Mix, smoothly, a table-spoonful of flour with a gill of water; set on the fire in a saucepan a gill of new milk, sweeten it, and, when it boils, add the flour and water; simmer and stir them together for a quarter of an hour.

Rice Caudle.

This may be made with water or milk; when it boils, add some ground rice, previously mixed smoothly with a little cold water; boil till thick enough, when sweeten it, and grate in some nutmeg, or add a little pounded cinnamon.

Barley Water.

Wash a quarter of a pound of pearl barley, cover it with water, boil it, and pour the water off; add three pints of boiling *soft* water to the barley, and boil it one hour and a half; strain for use; add to the barley about one pint and a half of water, and boil as before; strain, and, when cold, add to the former.

Take of pearl barley, two ounces; water, four pints and a half; wash the barley well in cold water, and boil it for a short time in half a pint of water, which throw away; add the remaining four pints of water, and boil till it is reduced to two pints; when strain for use.

Sweet Barley Water.

To a quart of plain barley water, made as above, put two ounces of figs, sliced, the same of raisins, stoned; half an ounce of liquorice-root, sliced, and a pint of water; boil till reduced to a quart, and strain.

Sago Jelly.

Soak the sago about an hour in cold water, and wash it; then put a table-spoonful of it in a quart of water, and simmer till the sago is entirely dissolved, and the liquid resembles a thin jelly; when sweeten, and add nutmeg, cinnamon, or lemon-peel, and red or white wine.

Sago Milk.

Soak sago in cold water for an hour, then boil it slowly in one quart of new milk until it is reduced to a pint.

Barley Milk.

Boil half a pound of washed pearl barley in one quart of milk and half a pint of water, and sweeten: boil it again, and drink it when almost cold.

Baked Milk

Is much recommended for consumptions. The milk should

be put into a moderately-warm oven, and be left in it all night.

Ground Rice Milk.

Set on the fire a pint of milk, and, when it boils, add a dessert-spoonful of ground rice, rubbed smoothly with a little milk; stir well, sweeten it, and grate in some nutmeg.

Coffee Milk.

Put into a coffee-pot a table-spoonful of ground coffee, three or four shreds of isinglass, and a pint of milk; let it boil ten minutes, when set it on the hob to fine: sweeten with loaf or fine Lisbon sugar.

Calves' Feet and Milk.

Put into a jar two calves' feet, with a little lemon-peel, cinnamon, or mace, and equal quantities of milk and water to cover them; tie over closely, and set in a slack oven for about three hours: when cold, take off the fat; and sweeten and warm as required.

Restorative Milk.

Boil a quarter of an ounce of isinglass in a pint of new milk till reduced to half, and sweeten.

Suet Milk.

Cut one ounce of mutton or veal suet into shavings, and warm it slowly over the fire in a pint of milk, adding a little grated lemon-peel, cinnamon, and loaf sugar.

Imitation of Asses' Milk.

Boil together equal quantities of new milk and water, and add one ounce of candied eringo-root: sweeten with white sugar-candy, and strain.

Or, stir into a gill each of milk and boiling water a well-beaten egg, and sweeten with white sugar-candy.

Iceland Moss Drink.

Boil an ounce of Iceland moss in two pints of water till reduced to one pint, when strain it.

Carrageen, or Irish Moss.

Boil half an ounce of moss in a pint and a half of water, or milk, until reduced to a pint: it will then be excellent food

for delicate and weakly infants. As an article of diet for invalids, generally, it is superior to isinglass, sago, and tapioca.

The jelly made from it agrees better with the stomach than jelly prepared from meat. To make the former, soak a quarter of an ounce of the moss in cold water for a few minutes; then take out the moss, shake it dry, and boil it in a quart of milk until it is the thickness of warm jelly; strain it, and sweeten it with sugar or honey. Should milk disagree with the stomach, the same proportion of water may be substituted for it.

Iceland moss is also prepared as above.

Stew for Persons in weak Health.

Cut veal into slices, and put them into an earthen jar, with sliced turnips, and a little salt; cover closely, set the jar up to the neck in boiling water, and stew till the meat is tender.

Eel Broth.

Choose a small eel, skin and clean it, and put half a pound of it into a saucepan, with three pints of water, a little parsley, a thin slice of onion, about twenty pepper-corns, and a little salt; simmer to about half, and strain it off; and, when cold, remove the fat.

Calves' Feet Broth.

Put into a saucepan two calves' feet, with five pints of water, which simmer to three pints, when strain it and set it aside: when to be used, remove the fat, and warm some of the broth, with a little sugar and nutmeg, and white wine, with grated lemon-peel to taste.

Or, simmer the feet as above, with two blades of mace and a little salt, and serve in the broth.

Veal Broth.

Put into a saucepan, or stewpan, a knuckle-bone of veal, four shank-bones of mutton, and part of an old fowl, to which add a little whole pepper, two blades of mace, and an onion; pour on three quarts of water, cover closely, boil, and skim it; simmer it slowly three hours, strain it, and remove the fat, when cold: add salt as wanted.

Excellent Broth.

Put into a saucepan one pound of scrag of veal, the same of scrag of mutton, and two pounds of lean beef, with a little

whole pepper, a small bunch of sweet herbs, and one onion: add five quarts of water, boil and skim it, and simmer to about three quarts; strain, remove the fat when cold, and salt the broth as wanted.

Plain Mutton Broth.

Put into a saucepan two pounds of a loin or neck of mutton, having removed the skin and fat; add two quarts of water, boil, and skim it, cover it closely, and simmer for an hour; then strain it, and remove the fat when cold. This is the proper broth for sick persons; but any addition of herbs, or high seasoning, will be offensive to a delicate stomach.

To clear broth entirely from the fat, which is sometimes of consequence for the sick, have ready a clean cloth, dipped in cold water, and pour the boiling broth through it.

Beef Tea.

Put into a saucepan one pound of gravy beef, sliced, and one quart of water; boil, and skim it, and simmer it for half an hour, when strain and season it with salt: a few berries of black pepper are sometimes put in with the beef.

Puddings for Invalids.

Whatever farinaceous substance is selected for a pudding should be boiled quite tender in milk, and of a good thickness, so that the eggs may just set it, and give it firmness enough to stand without breaking, when turned out of the mould. These puddings for invalids cannot be made too delicate: they should be well steamed for about an hour, or a quarter more, according to the size; and whether the pudding be steamed or baked, it should never be taken from the stewpan or oven until within two or three minutes before it is sent to table.

Brown Bread.

Is recommended to invalids for its containing bran, which possesses a resinous, purgative property; but its efficacy is generally counteracted by the bread being made too fine.

Isinglass Jelly.

Dissolve two ounces of isinglass in a quart of water by simmering it; strain it into a basin with a piece of very thin lemon-peel, six cloves, and lump sugar to sweeten; set this by the fire for an hour, then take out the lemon-peel and cloves, and add two or three table-spoonsful of white wine or brandy.

Arrow-root Jelly.

Mix a dessert-spoonful of arrow-root in a basin with cold water to make it into a paste: then pour on it half a pint of boiling water, stirring it briskly, and boil it a few minutes, when it will become a clear, smooth jelly; to which add two table-spoonfuls of any white wine, a little lemon-peel, and sugar. If for young children, milk may be substituted for wine and water.

There are two or three qualities of arrow-root, which depend on the number of times it has been washed, for bleaching it. When well washed, it is *nearly* as white as potato starch, but, by much washing, it is rendered less nutritious. The second quality, which is equally pure, although not so white, affords the strongest jelly, and is therefore preferable for children.

Hartshorn Jelly.

Boil half a pound of hartshorn-shavings in three quarts of water over a gentle fire till it becomes a jelly, or when a little hangs on a spoon. Strain it hot into a saucepan, and add to it half a pint of white wine, and a quarter of a pound of loaf sugar. Beat the whites of four eggs to a froth, and stir them into the jelly; boil it two or three minutes, add the juice of four lemons, and boil a few minutes longer. When it is well curdled, and of a pure white, strain it till it is clear, and has a fine amber tint.

Gloucester Jelly.

Put an ounce each of hartshorn-shavings, isinglass, pearl barley, and rice, into two quarts of water, and boil till reduced to half, when strain and set it aside. When to be used, dissolve a little of this jelly in warm milk; adding a little cinnamon, lemon peel, and sugar.

Shank Jelly.

Soak and clean ten shank-bones of mutton, which will yield as much jelly as a calf's foot; break them, and put them into a saucepan with a tea-spoonful of whole black pepper, half the quantity of allspice, two blades of mace, and salt; add three quarts of water, boil and skim, cover closely, and simmer very slowly for six hours, when strain it off; it may be coloured by adding a well-toasted crust of bread, or a little burnt

sugar, with the water ; or this jelly may be flavoured as calves' feet jelly.

Ox-heel Jelly.

Choose heels that have been scalded, but not cleaned, by the tripemen ; put to each heel a quart of water, and proceed as for shank jelly.

Rice Jelly.

Boil half a pound of Carolina rice, and a small piece of cinnamon, in two quarts of water for one hour ; pass it through a sieve, and when cold it will be a firm jelly, which, when warmed in milk and sweetened, will be very nutritious ; add one pint of milk to the rice, in the sieve, boil it for a short time, stirring it constantly, strain it, and it will resemble thick milk, if eaten warm.

Strengthening Jelly.

Simmer in two quarts of soft water, one ounce of pearl barley, one ounce of sago, one ounce of rice, and one ounce of eringo root, till reduced to one quart ; take a tea-cupful in milk, morning, noon, and night.

Hemp-seed Jelly.

Bruise hemp-seeds, boil them in water, and strain ; afterwards, simmer the liquor until it is of the thickness of gruel.

Tapioca Jelly.

Wash the tapioca, soak it for three hours in cold water, in which simmer it till dissolved, with a piece of thin lemon peel ; then sweeten, add white or red wine, and take out the peel before using.

Panada.

Mix a little water and white wine, sweeten it, and grate in lemon peel and nutmeg ; pour it into a saucepan, set it on the fire, and when it boils, add grated crumbs of bread, stir well, and let the whole boil till it thickens.

Chicken Panada.

Boil a chicken in as little water as possible, and when cold, cut off the white meat, which beat to a paste in a marble mortar ; thin it with some of the chicken liquor, add a little salt, grated nutmeg, and lemon peel, and simmer the whole till it thickens.

Saloop.

Mix a little water and white wine, and boil it; stir together a table-spoonful of saloop, and a little water, which mix with the wine and water, and boil a few minutes; sweeten, and grate in a little lemon peel.

Apple Water.

Bake two large and sharp apples, put them into a jug, and pour upon them three pints of boiling water; in three hours, strain the water, and sweeten to taste.

Toast and Water.

Cut a thin slice off a stale loaf of bread, and carefully toast it on both sides, until it be completely brown all over, but nowise blackened or burnt; put this into a common deep stone or china jug and pour over it boiling water; cover the jug with a saucer or plate, and when the drink has become cold, it will be fit for use: much depends on the water being actually in a boiling state.

Wine Whey.

Set on the fire in a saucepan, a pint of milk; when it boils, pour in as much white wine, foreign or home-made, as will turn it and make it clear; boil it up, and set it aside till the curd has settled, when pour off the whey, add half as much boiling water, and sweeten it.

Plain Whey.

Put into boiling milk as much alum, cider, lemon-juice, or vinegar, as will turn it, and make it clear; then pour it off, add some hot water, and sweeten.

Tamarind Whey.

Boil two ounces of tamarinds in two pints of milk, and strain: this is an excellent drink in fevers.

COOKERY FOR THE POOR.

Making Soups.

WITHOUT experience, few persons can be aware how far the refuse of a rich kitchen may contribute to the comfort of the poorer classes, by their "gathering up the fragments that nothing be lost." If the pot-liquor, or water in which meat has been boiled, be saved, it will serve as a weak stock for nourishing soup; if the liquor be too salt, it may be reduced with water; and to this may be added the water in which fish has been boiled. Into this stock may be put the bones, heads and fins of fish, bones and pieces of meat off the plates from the table, the clearing of the vegetable dishes, green tops of celery, &c., and all may be stewed together, till the nourishment be extracted from the bones.

The water for soup should be soft. Peas should be soaked three or four hours before boiling. The fat should not be skimmed off, but well stirred into the soup.

With the heads, and feet, and trimmings of poultry, and the rind and trimmings of ham or bacon, may be made an excellent stock, in which, when strained, may be stewed shred cabbages, lettuces, onions, carrots, and celery; and a burnt crust of bread, or a tea-spoonful of coarse sugar burnt, will improve the flavour.

Of liquor and trimmings, with the addition of an onion and seasoning, a nourishing broth may be also made.

In some establishments, the pot-liquor is divided among poor persons, who improve it themselves. This, however, will be much better done in a large quantity, before it is given them; as the poor, generally, have but little idea of making the most of a little in cooking: besides, they can ill spare the requisite fuel.

This advantage of cooking in large quantities, is proved by the superior soup which charitable societies make and distribute in Winter, at very little cost. The flavours of the ingredients are much better mixed in large than in small quantities.

On no account, in making soup should the worth of bones be underrated, for from them may be extracted one-fifth of

their weight of nourishment. For this purpose the bones are put into a vessel called a digester, which being closely covered, the bones are dissolved in the water, and yield a nourishing substance called gelatine, some fat, and an earthy refuse. The gelatine then requires flavouring for broth, or mixing with vegetables, and the fat may be used instead of butter.

The digester has long been much used in hotels and large family establishments. An apparatus upon a much larger scale, is used in France, for extracting gelatine from bones; it is an improvement upon the digester, and with it is made the soup in hospitals and other public institutions. It is stated, that if the bones of an ox were put into this apparatus, and the whole of the flesh into any other vessels, the bones would yield one third more gelatine for soup than the whole of the meat.

To prepare Gelatine.

Put into the boiler, or digester, as much water as it will conveniently hold, with one-sixth of its weight of bones, broken with a hammer into pieces, three or four inches long; set it upon a Rumford furnace, and when it boils, skim and put on the lid, after which, only a gentle fire should be kept up, otherwise it is liable to spoil the jelly. Occasionally remove the lid, stir the bones with a stick, and with a flat ladle take off the fat as it rises; this fat may either be kept by itself or again put into the jelly, just before it is taken from off the stove. The process may be repeated thrice with the same bones, which will each time furnish about the same quantity of broth or jelly as at first. Thus, one pound of bones will yield, at three successive boilings of three or four hours each, three ounces of jelly, containing as much nourishment as the broth usually made with six pounds of meat. The refuse of the bones may be burned into animal charcoal.

One ounce of gelatine contains as much nourishment as one pound of meat. When dry, the gelatine is tasteless, and, to be used, it must be dissolved in boiling water, and seasoning and vegetables added; to three ounces of it add one pound of meat, and two gallons of water; boil it to one half, and you will have a gallon of broth, like that made with meat only, and half a pound of *bouilli*, or dressed meat.

When broth is wanted in haste, one pound of gelatine may be dissolved in five gallons of water. One ounce of gelatine

dissolved in twenty ounces of water, will furnish a jelly for table, which may be seasoned or flavoured to taste; gelatine may likewise be used as a cheap substitute for isinglass.

If you have not a digester, an uncovered stock-pot will answer its purpose.

Leg of Beef Soup.

Put into the soup-pot three pounds of leg of beef, half a pound of rice, a large onion, sweet herbs, a table-spoonful of salt, a tea-spoonful of pepper, and five quarts of water: let it boil, after which simmer it for four hours. Carrots or turnips will much improve this soup.

Or, boil a pint of split peas and two pounds of mealy potatoes, in five quarts of water for four hours; then add one pound and a half of lean beef in slices, three leeks, some celery, or celery seed, salt and pepper, and simmer the whole about four hours longer.

Or, boil in eight quarts of water, one pint of Scotch barley, and the same of split peas, for four hours; add two pounds of beef cut into pieces, two onions, celery, salt and pepper, and simmer four hours longer.

Either of the above soups may be thickened with oatmeal.

Ox-cheek Soup.

Wash and clean four pounds of ox-cheek, and peel three pounds of potatoes; put them into an iron pot, with a pint of split peas, two large onions peeled, two table-spoonsful of salt, half a table-spoonful of pepper, and six quarts of water; stew very gently for six hours, when take out the cheek, cut off the best parts of the meat, return the rest to the soup, and stew another six hours; then take out the bones, and having cut the meat into small pieces, put them into the soup about ten minutes before taking it from the fire, when the potatoes and peas will have thickened it. Or, the potatoes and peas may be omitted, and the soup be thickened with half a pint of oatmeal mixed in a basin with cold water, and stirred into the soup.

Or, wash half an ox-head very clean, break the bones, and cut off most of the meat, put it on in seven gallons of water, with a gallon and a half of potatoes, a gallon of turnips, the same of onions, and a few carrots, all peeled and cut; add pepper and salt, and some pot-herbs, cover the pot, and stew

for twelve hours, at least, adding as much hot water as may have wasted in stewing; an hour before it is done, thicken as above with one quart of oatmeal.

Pea Soup.

Put into a soup-pot or large pipkin, any quantity of bones, sweet and good, one carrot, an onion, a quart of peas, a table-spoonful of celery seed, or a head of celery, two table-spoonfuls of salt, and one of pepper, with ten quarts of water; let them simmer together for six hours, when stir the whole, and simmer for four hours longer; then take out the bones, and the soup will be ready for table.

This soup may be made thick by adding to the above, half a pound of Scotch barley, and two or three pounds of potatoes; or it may be thickened with half a pint of oatmeal, mixed smoothly in a basin with cold water, and stirred into the soup shortly before it is taken off the fire.

Pot liquor, or the water in which any meat has been boiled, if used instead of bones and water, will not only make the soup better, but cheaper.

Other vegetables and herbs, besides carrot and onion, may also be used, as turnips, thyme, parsley, mint, and leeks; and they will much improve the soup if they are first fried in a little fat.

Plain stale bread, or toasted bread, are sometimes served in and eaten with pea soup.

Plain Pea Soup.

Put into the pot or pipkin, a quart of peas, a large onion, a head of celery, pepper and salt, and three quarts of water; simmer together for three hours, stirring them occasionally; when the peas are softened, strain them from the soup, work them through a sieve, and then boil them up again in the soup; serve with it dried mint in powder.

Good Soup.

Cut a pound of any meat into small pieces, and put them into a pipkin, with half a pint of whole peas, which have been soaked twelve hours; four sliced turnips, or two carrots, six dressed potatoes, two onions, and seven pints of water; simmer the whole for two hours and a half, when thicken it with

oatmeal, boil and stir a few minutes longer, and season with pepper and salt.

Savoury Soup and Stew.

Put into a pipkin two pounds of beef or mutton in thin slices, four onions, ten turnips, or five carrots, half a pound of rice, a handful of parsley, thyme, and savoury mixed, pepper and salt, and eight quarts of water; boil gently over a very slow fire for about three hours; or stew for twelve hours in a slack oven.

Shin of Beef Soup.

Provide a shin of beef, saw the bone into three or four pieces, and put it into a stewpan or pot, with cold water to cover it, and a quart more; set it on a slow fire, and when it simmers, skim it clean; then add a bundle of sweet herbs, some parsley, two large onions, a head of celery, a tea-spoonful of whole black pepper, and two dried bay-leaves; add two or three sliced carrots, the same of turnips, and stew the whole gently until the meat is tender, which will be in four or five hours. Then skim off some of the fat, mix it smoothly, with some flour in a basin, and stir it into the soup to thicken it.

When any meat soup is ready to boil, if you put into it a few suet or hard dumplings, they will boil better than in plain water.

Veal Broth.

Chop the bone of five pounds of knuckle of veal, and put it into a gallon of water, with half a pound of rice, and a shred onion, and stew for two hours; add pepper and salt, and some shred parsley, and simmer half an hour longer. A ham-bone or trimmings, or half a pound of bacon, will much improve this broth.

Baked Soup.

Put into a pan two gallons of water, a cow-heel, and two pounds of any part of mutton, an onion, a carrot and turnip, salt and pepper; tie over, and bake six hours.

Or, on one pound of beef or any other meat, pour a gallon of water into a pan, with one pint of split peas, two onions, two carrots, a table-spoonful of salt, half the quantity of pepper, and two ounces of rice; tie over, and bake as above.

Savoy Soup.

Put into a gallon of water, half a pound of bacon, three sliced onions, a tea-spoonful of celery seed, with some pot-herbs, a carrot, and a turnip sliced, and stew them for two hours; then strain the broth, and having shred and dried four savoy cabbages, put them into the soup-pot, next shred and fry two onions brown in a little fat, mix them with the broth, pour it over the savoys, and simmer them till tender.

Cabbage Soup.

Cut into pieces, two pounds of salt beef or pork, and simmer it in six quarts of water for about an hour; then add pepper, and a fine cabbage cut into shreds, simmer for another hour, and thicken with one pint of oatmeal. If the cabbage be first fried with two large onions, in a little fat, this soup will be much improved.

Turnip Soup.

Pare eight turnips, and put them into four quarts of water, with a few crusts of bread, onions, herbs, and pepper and salt; boil them gently half an hour: then pare, slice, and add two more turnips, two carrots, and two heads of celery; cover closely, and stew the whole till the vegetables are tender.

Or-head Soup.

Clean and cut into pieces half a bullock's head, put them into the soup-pot with some salt and a gallon of water, and carefully skim off the blood as it rises; when half boiled, strain the liquor, into which return the meat, with two shred onions, herbs, celery and pepper, and stew for two hours longer.

Scotch Barley

Contains a great deal of nourishment, but few persons understand dressing it. Unless boiled, at least, two hours, it will be hard. When boiled with meat, it makes a warm nourishing dish for a family, at half the price for which they could be fed on bread. It is good with milk, or with water, pepper, and salt, or any kind of herbs. Or, boil two pounds of Scotch barley in two gallons of water, till reduced to one; add a little allspice, and sweeten with treacle or coarse sugar.

Barley Broth.

Wash four ounces of Scotch barley, and set it on the fire in five pints of water in a pipkin, add four ounces of sliced onions, boil gently for an hour, and pour the whole into a pan; then put into the pipkin two ounces of beef or mutton dripping, and when it is melted, stir into it four ounces of oatmeal, gradually pour back the broth, and stir the whole well till it boils; seasoning it with a tea-spoonful of powdered celery or cress seed, the same of ground black pepper and allspice, and some salt. This broth may be made more savoury by first frying the onions brown, or by using, instead of water, the liquor in which meat has been boiled, such as may be bought at tripe-sellers, or cook-shops, for a trifling sum.

Sheep's Head Broth.

Soak a sheep's head in water for twelve hours, scrape, wash, and split it, and take out the brains; put it into two gallons of water with half a pound of Scotch barley, one pint of green peas dried; boil for an hour, and remove the scum as it rises; then add onions, and carrots and turnips, chopped parsley, salt, and simmer for three hours longer

Potatoes and Onions.

Boil half a peck of potatoes thinly peeled, with four onions sliced; strain off the water, and leave them in the pipkin beside the fire to dry; mash them with a wooden spoon, adding a quarter of a pound of dripping, and pepper and salt seasoning. Or, instead of the dripping, add half a pound of bacon, cut into small pieces and fried.

Savoury Rice Stew.

Mince finely a slice of bacon, or a red herring, boned and picked, and shred with it two or three onions, and a few sprigs of parsley; put them into a pipkin with a pound of rice and two quarts of water; and stew the whole till the rice be tender.

Stewed Beef.

Put into a pipkin two pounds of lean beef cut in slices, half a pint of grey, or split peas, one onion, pepper and salt, and

any kind of vegetables; cover the whole with water, and stew it for two or three hours.

Or, slice one pound of beef, and season it with pepper and salt; peel and slice two pounds of potatoes, and chop two onions; put the meat, potatoes, and onions in alternate layers into a stone jar, sprinkling in two ounces of rice; add about a pint of water, tie over the jar with coarse canvas, and place it upright to the neck in a saucepan of cold water, which set over the fire, and stew for about four hours.

Stewed Mutton.

Peel and slice thin a pound of potatoes, and put them into a pipkin with two pounds of breast of mutton, one onion, herbs, salt and pepper, and water to cover; stew for an hour.

Baked Mutton and Rice.

Boil soft and drain dry one pound of rice; put it into a deep dish, mixing in about a spoonful of salt; lay upon it about three pounds of breast of mutton, and bake.

Baked Ox-cheek.

Soak and clean half an ox-cheek, sprinkle it with chopped sage and onions, sweet herbs, pepper and salt; lay it in a deep dish, cover it with water, and bake.

Stewed Cow-heel.

Wash and clean a cow-heel, and put it into a pipkin, with half a pound of rice, one onion, a small tea-cupful of parsley, picked and chopped fine, a spoonful of salt, a tea-spoonful of pepper, and three quarts of water; stew the whole together from one hour and a half to two hours.

Herrings and Potatoes.

Put two or three herrings into a stone jar, fill it with potatoes, peeled and sliced; add a little water, and bake. Or, place the herrings above the potatoes in the jar, cover it closely, and boil.

Bacon and Potatoes.

Cut slices of bacon, and fry them; add to the fat in the pan a little flour to brown, put in a table-spoonful of chopped herbs, with some water, and simmer five minutes; and in this sauce fry the potatoes, previously peeled and sliced.

Savoury Potato Pudding.

Boil, peel, and mash, three pounds of potatoes, to which add a quarter of a pound of suet finely shred, and the same of grated cheese, or pounded herring, mixed with a quarter of a pint of milk: bake half an hour in a quick oven.

Potato Haricot.

Cut into pieces equal quantities of beef or mutton, and pickled pork, and season them with salt, pepper, and an onion, finely chopped; peel and slice potatoes, and put them into a stone jar, in layers, with the meat; tie over the jar, set it in a saucepan of water over the fire, and stew for about an hour after the water begins to boil.

Cale Cannon.

Boil greens, or young cabbages, mash them, and mix them with double the quantity of good mealy mashed potatoes, adding dripping, pepper, and salt. If set in a hot oven for about five minutes, or browned before a quick fire, this dish will be much improved.

Meat Pudding.

Prepare the meat and paste as for a pie; line a basin with paste, lay in the meat, add some water, cover the top, pinch the edges, tie the whole in a cloth, and put it into a saucepan of boiling water: boil two hours.

Meat Pie.

Weigh three pounds of beef, mutton, or pork, cut it into large pieces, and sprinkle it with pepper, salt, and shred onion; then weigh two pounds of flour, and about three-quarters of a pound of dripping, lard, or suet, if the latter, chop it very finely; mix it with nearly all the flour and a little water into a stiff paste, which roll out, dredging the board and rolling-pin with flour; warm, and rub with dripping or suet the inside of a dish, which edge with a strip of the paste; then lay in the meat, fill up with water, and cover with crust, pinching it, marking it with a fork at the edges, and making a hole in the middle, to let the steam escape. Bake an hour and a half in a brisk oven.

A meat pie with a potato crust, is not so rich as the above. The crust is made by boiling and mashing with milk about

six pounds of potatoes, which should be laid inside and upon the meat.

Pudding Paste.

Mix well together three ounces of lard, or four ounces of dripping, with half a tea-spoonful of salt, and one pound of flour; then make a hollow in the middle of the heap, and gradually add water to make it into a stiff paste; cut it into three pieces, and roll out to the thickness wanted.

Sweet Pudding.

Make a plain paste, roll it out thinly, and spread some treacle over it; roll it up, tie it in a cloth, and boil for about two hours.

Meat Dumplings.

Chop finely three-quarters of a pound of any meat, mix it with two pounds of bread-crumbs, a table-spoonful each of salt and pepper, and half a pound of flour; knead it with a pint of water, divide it into dumplings, and boil them three-quarters of an hour.

Suet Pudding.

Mix two pounds of flour and a pinch of salt with a quarter of a pound of chopped suet, and water, and boil or bake.

Plum Pudding.

Mix well together a quarter of a pound of raisins, and the same of currants, one pound of flour, six ounces of chopped suet, and three table-spoonsful of treacle; wet with three-quarters of a pint of milk, and boil three hours.

Oatmeal Pudding.

Pour a quart of boiling milk upon a pint of oatmeal, and leave it to soak for six hours; then add a little salt, with two well-beaten eggs, stir together, and boil an hour and a half in a buttered basin, tied in a cloth.

Batter Pudding.

Make a smooth batter of a pint of milk, half a pound of flour, two well-beaten eggs, and a tea-spoonful of salt; boil in a basin, or bake with pieces of meat in it.

Indian Corn Batter Pudding.

Make a batter of half a pound of Indian corn meal, two

well-beaten eggs, a little salt, and half a pint of water; boil for three hours.

Simple Sauces.

Mix in vinegar chopped parsley and onions, and some pepper and salt: or, use horse-radish instead of parsley. Or, steep cress or celery seed in vinegar: a few leaves of tarragon, or a few small capsicums, or chilies, or shalots, will flavour a bottle of vinegar. Nasturtiums are a cheap substitute for capers, with boiled mutton.

Rice Puddings.

Boil half a pound of rice soft in three pints of milk; add a quarter of a pound of chopped suet, two ounces of treacle, and a tea-spoonful of ginger; stir the whole together, and bake.

Or, tie rice loosely in a cloth, boil it till very soft, and sweeten it with treacle or sugar.

Or, boil equal quantities of rice and Scotch barley in a cloth till soft, and sweeten.

Or, boil together for two hours a quarter of a pound of rice, a quart of skim milk, a tea-spoonful of sugar, and sweeten.

Boiled Bread Pudding.

Tie loosely in a cloth any pieces of stale bread, and boil them gently for two hours, when they will have formed a pudding, to be sweetened.

Potato Dumplings.

Peel and chop small three pounds of potatoes, and two large onions, mix them with a few grits, divide into dumplings, boil them in a cloth from three to four hours, and eat with pepper and salt.

Savoury Rice.

Put into a pipkin one pound of rice, three quarts of water, some allspice and salt, and a small piece of hogs' lard; stew gently till the rice be tender, when grate over it strong Cheshire cheese, and serve. This dish may be kept three or four days, and will only require to be gently warmed and stirred for eating.

Indian Corn

Is a delicious vegetable for about six weeks in the Summer. The cobs should be plucked just as the silky part begins to

turn brown, and wither. The corn is then about the colour and consistence of cream; when the cobs should be stripped of their covering, and boiled for about three-quarters of an hour. A small portion of the stalks should be left on, to hold in the fingers; the grains come out easily, and are to be eaten with cold butter, pepper, and salt.

Parsneps and Bacon.

Fry slices of bacon or pork, and in their fat fry cold boiled parsneps, sliced.

Vegetable Extract.

In some parts of France an extract of the herbs used in soup and broths, is made by boiling them very slowly with a little water and salt, and afterwards evaporating the fluid. A little of this extract, dissolved with gum-arabic in hot water, is said to make capital soup

Hotch-Potch.

Cut up four pounds of scrag of mutton, and put it into the soup-pot with six quarts of water, sliced carrots and turnips, a pint of dried green peas, an onion, shred, and celery or celery-seed, some salt and pepper; stew for three hours, when add some shred cabbages, and stew half an hour longer.

Vegetable Stew.

Peel and slice about a dozen turnips, two onions, two leeks, and two heads of celery; add salt and pepper, and stew them tender in one quart of water; then mix, smoothly, a pint of oatmeal in a basin, with cold water, and stir it in to thicken the stew.

A cheap and nourishing Dinner.

Cut one pound of any kind of meat into pieces, season them with pepper, salt, and chopped herbs, and set them on to simmer in three or four pints of water, adding two ounces of Scotch barley; meanwhile, fry four large onions, sliced, with some fat and flour, and, when they are brown, add about a gill of water; stir well, and add to the meat stew. This dish, with two pounds of boiled potatoes, will serve a family of five persons, at less than one shilling cost.

Supper Mess.

Boil onions, celery, and turnips, in water till they are sufficiently tender, and add some oatmeal and salt towards the end of the boiling; and eat with toasted bread.

Oatmeal Porridge.

Pour into a pipkin equal quantities of water and milk, or good butter-milk, boil it, and add a little salt; while it is boiling, briskly sprinkle in oatmeal, stirring it well with a wooden spoon, and taking care to break any lumps that may form. Add oatmeal thus till the porridge is of the thickness of custard, boil five minutes, and it will be ready. Ale or porter, sweetened, or sugar, will improve it. If it be made with buttermilk, a small quantity of meal should be stirred in cold, to prevent the milk from curdling too much.

Onion or Leek Porridge.

Boil twelve good-sized onions or leeks in two quarts of water till tender; meanwhile, mix smoothly four spoonsful of oatmeal or flour in a quart of milk, and stir it into the porridge until it boils and thickens; add a small piece of butter or dripping, and season with pepper and salt.

Milk Porridge.

Stir four table-spoonsful of oatmeal, smoothly, into a quart of milk, then stir it quickly into a quart of boiling water, and boil up a few minutes till it is thickened: sweeten with sugar or treacle.

Brewis.

Put a thick upper-crust of bread into a pot where salt beef or pork is nearly boiled enough, when it will thicken, and gain some of the fat and flavour of the meat.

Or, soak crusts and dry pieces of bread in hot milk, mash them, salt them, and add a little dripping.

Substitute for Tea.

Take of the unfolded flower-leaves of the red rose, dried, five ounces; rosemary-leaves, dried, one ounce; and balm-leaves, dried, two ounces; mix well together. A dessert-spoonful is sufficient for half a pint of infusion with boiling water, to be drunk with sugar and milk, as tea

THE DAIRY.

Management of Cows.

THE choice of cows is important in connexion with their productiveness. The Alderney breed are very valuable, and their milk is so rich, that the average of butter made from each in a year may be reckoned at two hundred weight. The Holderness, or Dutch, and the long-horned Lancashire, are also much esteemed; the latter especially, for cheese. The worst of the Lancashire will yield four gallons of milk daily, and some of them half as much more. The polled or Gallo-way cows are excellent milkers, as are also the Suffolk duns, and Ayrshire cows.

The quantity of milk given by cows varies according to their breed, health, pasturage, and the length of time from calving. The best age for a milch cow is between four and ten years: when old, she will give more milk, but it will be of inferior quality. The cows should be kept feeding while you are milking them. Morning's milk yields much more cream than the evening's; that milked at noon furnishes the least: in making butter and cheese, it is therefore desirable to use the morning's milk, and keep the evening's for the table.

The best butter is made from cows fed in rich natural meadows. Certain plants, which grow in poor marshy soils, give a disagreeable taste to the butter. When cows are fed with cut grass in the stable, the butter is inferior; except it be an artificial grass, as lucerne. Parsneps, carrots, and turnips, given to cows in Winter, give a bad taste to butter, which may be, in some degree, corrected; but, no butter made in Winter is equal to that made from cows fed entirely with good meadow hay, especially of the second crop, called after-math hay, which contains few seed-stalks.

Some cows give much yellower cream than others, especially the Alderney cows; and the butter made from it is of a peculiarly fine flavour. When a cow has lately calved, the milk is also much yellower, but not of improved flavour. The yellow colour of fine May butter is frequently imitated by mixing annotta, or the juice of carrots, with the cream. This is easily detected by the taste of the butter, which has not the peculiar flavour of fine grass butter.

Upon an average, four gallons of milk produce one pound of butter; and a good cow should produce six pounds of butter per week in Summer, and half that quantity in Winter, allowing from six weeks to two months for her being dry before calving; that is, 120 pounds in twenty weeks after calving, and 80 pounds in the remainder of the time till she goes dry; in all, about 200 pounds in the year. To produce this quantity, the pasture must be good; and, if we allow three acres to keep a cow in grass and hay for a year, which is very near the mark, the butter made will produce about 10*l.*, at the distance of fifty miles from London, and the calf about fifteen shillings, at a week old. This does little more than pay rent and expenses: the profit must be made by feeding pigs, or making skim-milk cheese.

During the absence of the family, or when much cream is not wanted, provision should be made for a Winter store of butter; and a current account of the produce of each week, the butter potted, the poultry reared, and the weekly consumption, should be entered in a book provided for that purpose.

Milking Cows.

Instead of drawing down or stripping the teat between the thumb and fingers, (which often produces inflammation,) the dairy-maid should follow more closely the principles which instinct has taught the calf. She should first take a slight hold of the teat with her hand, by which she merely encircles it: then lift her hand up so as to press the body of the udder upwards, by which the milk escapes into the teat: or, if the teat is full, she should grasp the teat close to its origin with her thumb and fore finger, so as to prevent the milk which is in the teat from escaping upwards; then making the rest of the fingers to close from above downwards in succession, she will force out what milk may be contained in the teat through the opening of it. The hand should be again pressed up and closed as before, and thus, by repeating this action, the udder will be completely emptied, without that coarse tugging and tearing of the teat, which is so apt to produce disease.

Management of the Dairy.

The flagged or tiled floor of the dairy should be kept very clean and cool by often throwing cold water over it: it should

slope slightly, and have a small grating, so that no water may remain on the floor.

The temperature of the dairy is very important. The windows should be of wire gauze, so as to keep out the dust, and should have shutters, or blinds, to keep out the sun and hot air. The walls should be well whitewashed; and the supply of water should be good.

The temperature best adapted for the separation of the cream from the milk will be about 55 degrees of the thermometer. The thermometer is a fine glass tube, generally filled with quicksilver, which rises according to the heat of the apartment. The "degrees" of heat are known by figures marked beside the tube, and when the quicksilver rises to the figures 55, it will be the desired point. The thermometer should be hung against the wall, always in one place, but not in a current of air.

A small quantity of ice, if placed in the milk-room, will soon lower its temperature. If, in Winter, its temperature be too low, a barrel of hot water, closely stopped, or a few hot bricks, should be placed on the floor of the milk-room; but charcoal should never be used for this purpose.

Milk and cream should be kept only in the dairy, or in one apartment of it. Meat hung in the dairy will soon spoil the milk, as will also cheese.

The best dairy utensils are as follow:—Tin or copper vessels are preferable to wood, because they are not so soon tainted, and more easily kept clean; they should be bright within and without, so that the least speck of dirt may be detected. The best pans are of metal, either of iron, carefully tinned, or of brass: such pans are cool in Summer, and are easily heated in Winter, which is often useful to make the cream rise. When leaden troughs are used, they are generally fixed to the wall, and slope, and a hole with a plug at the lower end, by drawing which the thin milk runs off slowly, leaving the cream to run last through the hole into a pan placed to receive it.

The milk in the pans or troughs should be four or five inches in depth, which is found most conducive to the separation of the cream.

Superior cream will be obtained from the last drawn half of milk, if it be allowed to stand till it is somewhat sourish; indeed, you may thus obtain nearly as much cream as if the whole of the milk was set apart for cream.

The milk-pans, or flats, whether of glazed earthenware, lead, tin, marble, or slate, should be kept very clean by scalding and scouring with salt or sand; but this should be done apart from the milk-room.

When the milk is brought into the dairy, it should be strained into pans immediately, in Winter, but not till it is cool in Summer.

In Summer, milk should be skimmed in the morning, before the dairy becomes warm, and from twelve to twenty hours after it has been in the pans: in Winter, the milk should stand twice as long. In hot weather, the new milk should be scalded very gently, without boiling, as on a hot hearth, or in a brass kettle of water, large enough to receive the pan.

A spoonful of scraped horse-radish, put into each pan of milk, will keep it sweet for several days.

Cream may be kept for twenty-four hours by scalding it; and if sweetened with loaf sugar, powdered, it may be kept two days in a cool place. Cream for butter should be kept in a jar in the coolest part of the dairy; it should also be stirred often, and shifted every morning into a scalded vessel.

To use the Cream Gauge.

A cream gauge is a glass tube; on its outside is a graduated scale, three inches long, and each inch is divided into ten equal parts. The scale commences at exactly the height of ten inches from the bottom of the tube: it is numbered, and counts downwards. Being filled up to ten inches with new milk, of a proper temperature, it is set by the dairy for twelve hours, in which time the cream will have risen to the top of the tube, if the cow yield milk fit for making butter.

Devonshire Method of scalding Milk.

This mode is very advantageous when the dairy is small, or the milk is produced in small quantities; for, by it, the cream may be kept for a long time, so that, instead of having butter rancid from being made with stale or sour cream, the butter is as sweet and fresh as if made from one day's cream. The trouble is trifling: pour the milk into a shallow brass pan, and simmer it over a stove or wood fire until a bubble rises; take it off, let it stand till cold, when skim off the cream, and it may be more readily churned into butter than raw cream.

The zinc tray is an ingenious invention for clotting or clotting cream. It is divided into two compartments: in the upper one is poured the milk, warm from the cow, which is left to stand twelve hours; in the lower part is then poured hot water; and, in twelve hours longer, the cream will be found so thick as to be lifted off with the finger and thumb.

Curds and Cream.

Rub curds dry, through a sieve, into a glass dish, pour on it a sweetened, whipt, or plain cream, and garnish with jam.

Curds and Whey.

A ready and elegant mode of procuring curd, and a pleasant acidulous whey, is, by adding to a glassful of milk a little solution of citric acid, taking care not to add too much. An experiment or two will show the proper quantity.

Gallina Curds and Whey.

Collect a number of the tough coats that line the insides of the gizzards of turkeys and fowls, and, after clearing them from pebbles, sprinkle salt upon them, and hang them up to dry. For use, break a few pieces, and pour upon them a small quantity of boiling water; let it stand twelve hours, after which the infusion may be used to turn milk, as rennet, made from the stomach of a calf.

This preparation of milk, when sweetened with sugar, makes a wholesome supper for persons of a delicate habit, it being entirely free from the disagreeable flavour of rennet.

To make Butter.

For large quantities of butter, the horizontal or barrel churn is the best; the upright or pump churn being adapted for making butter from the produce of a few cows only.

In Summer, you should churn three times a week, or twice a week at least; the churn ought then to be chilled with cold water before the cream is put into it, as well as whilst churning; and in Winter the churn should be soaked some time in warm water before it is used. Sweet cream requires four times as much churning as sour.

The quality of the butter depends much upon the temperature at which it is churned, which may be regulated by the

aid of the thermometer. The cream should be kept at a moderate temperature. The greatest quantity of butter is obtained at sixty degrees, and the best quality at fifty-five degrees, in the churn, just before the butter comes. At a higher heat, the butter comes quicker, but in less quantity, and of inferior quality. But when the heat is below fifty degrees, it may be brought up to the temperature required by the assistance of hot water, but it will be better to wait; as butter thus hastened by hot water is worse than that which is turnip-flavoured.

In the course of an hour's churning, more or less, according to circumstances, the butter will come, when the churn should be opened, and the butter be taken out and put into a shallow tub. The buttermilk should be set aside for pigs, or for domestic purposes. The next point is to squeeze the milk from the butter, else it will not keep. This is usually done by spreading the butter in the tub, beating it with the hand, or a flat wooden spoon, and washing it repeatedly with clear spring water, until all milkiness disappears in the water which is poured off. Some persons maintain that the butter is injured by washing, and that the buttermilk should be beaten out of it with the hand, to be kept cool by frequently dipping it into cold water; or with a moist cloth, wrapped in the form of a ball, which soaks up all the buttermilk, and leaves the butter quite dry. No person should work butter who has not a very cool hand; the less it is handled the better, wherefore a wooden spoon, or spatula, is preferable to the hand.

In Ireland and Scotland, butter is churned from milk and cream together, which is said to produce a greater abundance of butter from the same quantity of milk. The milk is put into deep jars, in a cool place, each milking being kept separate. As soon as it is slightly acid, the whole is churned; when the butter begins to form in small kernels the contents of the churn are emptied into a sieve, which lets the buttermilk pass through, and the butter is then formed into a mass.

In Scotland, the milk is allowed to cool for six hours, and is then put into a clean vat. As long as it remains sweet, more milk may be added, but not after any acidity is produced. It is then covered, and allowed to get sour, till it coagulates at the top. The clotted milk is next put into the churn, and

warm water stirred in, to raise the temperature to seventy or eighty degrees. This butter is said to be equal to that made from cream alone, and the buttermilk is very wholesome.

To ensure good butter in Winter, wash and beat it free from milk, and work it up quickly with half an ounce of powdered saltpetre, and the same of loaf sugar, powdered, to every pound of butter; pack it very closely in earthen jars or crocks, and in a fortnight it will have a rich marrow flavour; it will keep for many months.

To prevent butter made from the milk of a cow fed with turnips having their flavour, pour a pint of boiling water into the milk after milking: or, dissolve an ounce of saltpetre in a pint of water, and put about a quarter of a pint into the cream-pot with the cream from three good cows in a week.

To make up Butter.

Butter requires more working in hot than in cold weather. When it is free from buttermilk, and of a proper consistence, it should be divided into portions, if it is intended to be eaten fresh. It should then be made into rolls of two pounds, or circular forms, to be impressed with some figure from wooden *print*; the rolls are made oblong, with four sides, slightly flattened by throwing the lump on a stone or board successively on each of the four sides, and then on the two ends.

To make prints, first work the butter into balls, and then press on it the wooden pattern; trim the sides up along the edge of the wood, and press the whole against a marble or wooden slab, so as to have the impression uppermost, and form a flattened cake. The wooden print is readily struck by holding it in the left hand, and giving a smart blow with the right upon it. A hole bored through the centre, prevents the butter sticking from the exclusion of the air.

Box-wood moulds for shaping butter, may be bought at the turners'; they are in the form of fir-cones, pine-apples, shells, and swans, or in little tufts, coral branches, &c.

Butter in Hot Weather

Is usually soft and unsightly, to prevent which, set the dish in which it is kept to stand in cold spring-water, with a little saltpetre dissolved in it. Butter may also be kept cool in ice, or in water, but it should not stand long in the same water.

If fresh butter cannot be procured daily or every other day, put down five or six pounds with some salt in a pan; it should be washed *fresh* for use.

To correct rancid butter, melt it over a very slow fire, and remove the scum as it rises; strain it through a cloth, and cool it in ice or spring water.

To salt Butter.

The usual proportion of salt is from three to five pounds to fifty-six pounds of butter, to be well mixed together. The quality of salt is of great importance.

The following mixture has been found superior to salt alone in curing butter: half an ounce of dry salt pounded fine, two drams of sugar, and two drams of saltpetre, for every pound of butter; put it into a crock, and tie over with bladder.

If plain salt only be used, wash the inside of the tub or crock with strong brine, and rub it over with salt, likewise to be sprinkled upon the bottom; press in the butter made quite dry, so that each addition be incorporated with the preceding portion. If there be not enough to fill the cask or crock at once, smooth the surface, strew it with salt, and press a cloth closely upon it to exclude all air. When the remainder is added, at the next churning, remove the cloth, and take the salt from the surface with a spoon; add the newly-salted butter, and incorporate it completely. If the cask or crock is full, put some salt at the top, and head up, or tie over.

When a store of salt butter is received, turn it out of the tub, and with a clean knife scrape the outside; then wipe the tub with a clean cloth; and either sprinkle it all round with salt, or make a mild brine of salt and water boiled, and pour it, when cold, into the tub; then replace the tub, and put on the lid to exclude the air: for want of this precaution, the outside of the butter next the tub may become rancid, and the whole be spoiled.

To preserve Butter without Salt.

Set the butter in a clean pan over the fire, and melt it very gently; do not let it boil, but be heated very nearly to the boiling point, or till the reflection of the white of the eye can be distinctly seen upon the surface of the butter by looking

down into the pan. All the watery particles will then be evaporated, and the curd, which is one cause of butter becoming rancid, will fall to the bottom. Then pour the clear butter into an earthen vessel, cover it with paper, and tie it over with bladder to exclude the air. The butter will have lost some of its flavour, but it will be much superior to salt butter for culinary purposes, especially for pastry.

To make Salt Butter Fresh.

Put a few pounds of salt butter into a churn, with as many quarts of milk, and a very small portion of annatto; churn them together, in about an hour take out the butter, and treat it as fresh butter, by washing it in water, and adding the usual quantity of salt. The butter will then have gained about three ounces in each pound, and will be, in every respect, equal to fresh butter.

The London dealers often wash Cambridge butter, and having worked the salt out of it, sell it for Epping butter. The salt butter of Ireland is very inferior to that of England; but the best Irish butter, after being washed and repacked, is frequently sold as Devon and Cambridge butter.

Whey Butter.

In some cheese dairies, an inferior kind of butter is made from the oily portion of the milk skimmed from the whey, which is set in pans, like milk, after the cheese has been made. It is unfit for salting or keeping, and is sold at a low price to labourers.

CHEESE-MAKING.

THE different flavour of cheese made in the several counties of England is, in part, owing to variations in the manufacture; although the most important point is the nature of the pasture on which the cows are fed. Hence the superiority of cheese of particular districts or dairies, over those of others, without any apparent difference in the pasture. By skill and great attention, excellent cheeses may be made in places where the pastures are not well adapted to produce milk of the best quality.

In making cheese, the first process is to separate the curd from the whey, which may be done by allowing the milk to become sour; but cheese thus made is inferior in quality. Various substances added to milk, will soon separate the curd from the whey. All acids curdle milk: muriatic acid, or spirits of salt, is used for this purpose in Holland, and in some districts of England; but the curdler generally employed is the gastric juice of the stomach of a sucking calf, called *rennet*, the preparing of which is an important part of the process of cheese-making.

The keeping of cheese depends upon the mode of preparing it. Soft and rich cheeses are not intended to be kept long; hard and dry cheeses are best adapted to be kept. Of the first kind are all cream cheeses, and those soft cheeses called Bath cheeses, which are sold as soon as made, and if kept too long, become putrid. Stilton cheese is intermediate. Dutch, Cheshire, and Gloucestershire, and similar cheeses, are intended for longer keeping. The poorer the cheese is, the longer it will keep; and all cheese that is well cleared of whey, and sufficiently salted, may be kept for years.

Cheese is often made from skim-milk, but it is never good:

If the milk be from cows fed on poor land, the addition of a pound of fresh butter in making a cheese will much improve it. A few cheeses thus made, in moderately warm weather, and when the cows are in full feed, will be advantageous for the parlour table.

To make Cheese.

Pour the milk, as soon as brought warm from the cow, into the cheese-tub; add a sufficient quantity of rennet to turn it, and cover it over with a cloth. This will make what is called a one-meal cheese. Let it stand till it is completely turned, when cut the curd with a cheese-knife or skimming-dish, into uniform pieces. Cover up the tub, and allow it to remain about twenty minutes. The pieces having settled, ladle off the whey, gently gather and press the curd towards the side of the tub, letting the whey pass through the fingers. Then break the curd as small as possible, and salt it to taste, either in the proportion of a handful of salt for every six gallons of milk, or about half an ounce to every pound of curd.

Having chosen a vat, usually made of elm, with holes in the lower part of it, proportioned to the quantity of curd,

place the vat on a ladder over the tub, cover it with a cloth, and gently fill it with curd, pressing it closely, and leaving it two inches above the edge; draw the cloth smoothly over on all sides, put a board beneath and above the vat, and place it in the press, the power of which should be gradually applied, beginning with about half a hundred weight. In an hour or two, take out the cheese, turn it, put it into a clean dry cloth, and press it again for eight or nine hours; next pare off the edges if they project; wrap the cheese in a clean dry cloth, turn it, and replace it in the press for fourteen or sixteen hours; observing, if there be more than one cheese, to put the last made undermost. Next, clean and scald the cheese, and put it into the cheese-rack, or on a dry board, and turn it daily for about a week.

If the cheese be made of two meals of milk, unless in very hot weather, a portion of the creamed milk of the first meal should be made scalding hot, and poured back into the cold; then, when well mixed, it should be poured into the cheese-tub; and the second meal of milk added warm from the cow. If, however, the milk be too hot, the cheese will be tough; as the tenderness of the curd depends upon the coolness of the milk.

In making very rich cheeses, the whey should be allowed to run off slowly; for, if forced, it might carry off much of the fat of the cheese. This happens more or less in every mode of making cheese. To collect this superabundant fat, the whey is set in shallow milk-pans, and an inferior kind of butter, called whey butter, is made from the cream or fat skimmed off.

If the cheese be coloured, the substance used for colouring should be mixed with the milk at the time the rennet is put in. If herbs, as chopped sage, be added, they are mixed at the same time.

To prepare Rennet.

As soon as a sucking-calf is killed, take out the stomach, and if the calf has sucked lately it will be all the better; scrape the outer skin, and remove all fat, and useless membranes, it being only the inner coat which must be preserved. Then take out the coagulated milk, remove any substance besides curd found in it, and replace it in the stomach with a large quantity of the best salt. Next, put the skin, or vell,

as it is called, into a pan in strong brine, and let it soak for some hours; then hang the vell up to dry, with a piece of wood crosswise to stretch it out, until it resembles parchment. In this state, it may be kept in a dry place for any length of time, and be always ready for use.

In some places, at the time of making cheese, a piece of vell is cut off, soaked for some hours in water and whey, and the whole is added to the warm milk. In other places, pieces of vell are put into a linen bag, and soaked in warm water, until the water has acquired sufficient strength, which is proved by trying a portion of it in warm milk.

The milk should be taken, and not washed from the stomach, else the rennet will be only half the strength.

To colour Cheese.

Annatto, a substance prepared from the seeds of an Indian tree, is generally used for colouring cheese; one ounce of it being sufficient to colour a hundred weight of cheese. When to be used, it is tied in a linen bag and put into half a pint of water, to stand over night. The infusion is in the morning mixed with the milk in the cheese-tub, and the rag dipped in the milk, and rubbed on the palm of the hand, until all the colouring is extracted.

The juice of the orange carrot, and the flower of marigold, are also used for colouring cheese; and they give a better tint than annatto, which is too red.

To improve Cheese.

To give a new cheese the flavour and appearance of an old one, insert in the new cheese portions of an old one containing blue mould. This may be done with the tasting scoop, by interchanging ten or twelve of the rolls which it extracts, and placing them so as to scatter the blue mould all over the cheese. A new Stilton cheese treated in this way, and covered up for a few weeks, can hardly be known from an old one. Select the cheese dry and free from unpleasant taste.

The rich blue mould may be produced by brushing the cheese with a hard brush, frequently dipped in whey; when nearly dry, rub it over with a cloth on which fresh butter has been spread; and repeat this washing and rubbing, till the blue coat appears.

If a cheese be much salted and very dry, wash it several times in soft water, and lay it in a cloth moistened with wine or vinegar; when it will gradually lose its saltiness, and from being hard and dry, become soft and mellow, provided it be a rich cheese. This singular method of improving cheese, is generally practised in Switzerland, where cheeses are stored for many years; and if they were not very salt and dry, they would soon be the prey of worms and mites. A dry Stilton cheese may be much improved by the above means.

To store Cheese.

The cheese-room should be always very cool, and little light should be admitted into it; a free circulation of air is likewise important.

If cheese be kept in a cellar, it should be cool but not damp. The cheese should be turned and brushed once or twice a week; for, if it becomes damp or mouldy, it will soon spoil.

If the shelves of a cheese-room or cellar be rubbed with elder-leaves, their scent will drive away all insects.

In large dairies, the daily turning of cheeses by hand occupies much time. To save this, a simple machine, or swing frame, has been constructed, by which fifty cheeses are turned at once. This machine consists of a dozen strong shelves framed together, with bars on one side to prevent the cheeses falling out, while in the act of turning; the frame is suspended on two strong pivots, and the cheeses in turning, drop on the shelves, which in the former position of the frame, were above them; and having been exposed to a current of air for twenty-four hours previously, they will be quite dry. The other advantages of this cheese-frame are, that a room thus furnished, will hold thrice as many cheeses as when they are laid on the floor; that the shade afforded by the shelves, together with the current of air which passes between them, has the effect, in hot weather, of preventing excessive sweating, and consequently loss in weight and quality; as well as diminishing the necessity of rubbing the cheeses; lastly, the ripening of the cheeses is much hastened by its use.

Cheshire Cheese.

In the cheese-making districts of Cheshire, the milk is set together very warm, when the curd will be firm; it is then

cut crosswise with a knife, in lines about an inch apart, about the depth of the knife-blade, so as to allow the whey to rise between the lines. The curd is then broken uniformly small, with a skimming-dish, and left with a cloth an hour to settle.

Double Gloucester Cheese.

Put the milk warm from the cows, through a strainer, into a tub large enough to hold the entire quantity of milk required for the cheese. Then tie some annatto, or colouring, in a piece of muslin, dip it in the milk, and shake it till the milk is tinged to the colour you wish the cheese to be. Pour into the milk rennet enough to coagulate or curdle it, but not more; when the curd is formed, cut or break it with a knife, and press out the whey with the hands. Next, cut the curd into pieces of about an inch square, put it into a cloth, and then into a large wooden drainer, with a cover fitting inside it. Set it before a good fire, and first put on the cover about half a hundred weight, so as to press the curd moderately; in twenty minutes, take out the curd, cut it still smaller, and press as before; and in twenty minutes longer, cut it and press it again. Then put the curd into a tub or pan, cut it as small as birds' meat, and salt it; next put it into a cloth of thin gauze, into the chessel, or chess, set it before a fire twelve or fifteen hours, and then put it into the press, taking it out from time to time, and giving dry cloths, till, by the pressing, the cloths come off quite dry; if the last cloth be of a finer texture, dipped in warm water and wrung out, it will give the cheese a finer skin or rind.

Having taken the cheese out of the press, lay it on a dry floor, or shelves; at first turn and rub it daily with a dry cloth; and as the cheese becomes firm, turning and wiping twice a week will be sufficient. The following are good proportions: six drams of annatto to a cheese of twenty to twenty-two pounds; and eight or nine ounces of salt; seven quarts of milk will make a cheese of the above weight, or about three quarts for each pound of cheese.

To make Stilton Cheese.

The best season for making this rich cheese is from July to October. Add the cream of the preceding evening to the morning's milking, and mix them well together; great attention

being paid to the even temperature of both, as the quality of the cheese rests much upon this part of the process. To make it in perfection, as much depends on the management of the cheese after it is made as upon the richness of the milk. The rennet should be very pure and sweet; when the milk is coagulated, do not break the curd, as in making other cheese, but take it out whole, drain it on a sieve, and press it very moderately. Then put the curd into a shape of the form of a cylinder (ten and a half inches deep, and eight inches over,) and turn it four or five times a day into clean cloths. When it is sufficiently firm, bind a cloth or tape round it to prevent its breaking, and set it on a shelf. It should be occasionally powdered with flour, and plunged into hot water; this hardens the outer coat, and assists the fermentation, or ripening.

Or, to the new milk of the morning, add the cream from that of the previous evening, with a sufficient quantity of rennet: when the curd has separated, remove it from the whey without breaking it, and place it in a sieve to drain, until it will bear to be lifted up and placed in a vat that will receive it without much pressure. The cheese as it dries will shrink, and must, therefore, be placed, from time to time, in a tighter hoop, and be turned daily, until it is firm enough for keeping.

Great care is requisite to store this cheese sweet and good till fit for use: the time of keeping it to be ripe varies, from twelve to eighteen months, according to its richness.

Cream Cheese.

Mix equal quantities of warm cream and new milk; add rennet, and, when turned, break the curd as little as possible, and put it into a cloth to drain; after which, put it into a mould open at top and bottom, and gently press it down; cover the cheese with nettles, and turn it daily.

Or, pour upon a quart of cream half a pint of new milk, so heated as to make the whole of the warmth of milk from the cow. Add to it two spoonsful of rennet, and let it stand before the fire till the curd be formed. Put the curd whole into an oak-wood frame, seven inches long within, four inches wide, and three inches and a half deep; which frame being open at the top and bottom, must be placed upon rushes, to allow the whey to run out; a board with a weight upon it

being placed within the frame upon some rushes, to press down the curd. In two days, the rushes should be changed, and the cheese taken from the vat and turned as often as necessary.

Excellent cream cheese may be made in Summer or hot weather, as follows:—provide an oaken frame as above, and place in it a piece of linen cloth, large enough to hang over the edge; take a quart or more of cream from the vessel just before it is stirred for churning; pour it into the frame, and set it on a dish, a table, or a few rushes, when the linen will drain off the whey, as no pressure whatever must be used for that purpose. Change the cheese daily into a clean dry cloth, till it begins to adhere to it, when it will be in a proper state to be coated once a day, with fresh leaves of the stinging nettle; after which it will soon be ripe for use.

New Cheese.

Add a little hot water to six quarts of milk, warm from the cow, with rennet to turn it; when it is set, cut the curd, put it into a cheese-cloth, and hang it up; in half an hour, again break the curd, hang it up, and allow it to remain a few hours, when put it into the press; on the following day, take out the cheese, salt each side, and in two days it will be ready for use.

Potato Cheese.

The potatoes, which should be mealy, must be boiled, and then grated; add to them the third part of their weight in curd, and a little salt; knead the whole together, and leave it to stand three or four days, or longer in Winter; knead it again, form it, and leave it to dry, in the usual manner: it may be kept in a dry place, covered, for some time, and will be improved by age.

MANAGEMENT OF POULTRY AND PIGS.

Choice of Fowls.

THE points most necessary to be attended to in selecting varieties of fowls for breeding, are the number, size, and flavour of the eggs, and the colour and delicacy of the flesh.

For the number of eggs, the Scotch Russian cross with the common breed seems to stand highest, and next to these the Dorking, Poland, and Spanish.

The largest eggs are laid by the Poland and Spanish, the next by the Dorking. The game sorts, and all the small varieties, lay small eggs.

The finest flavoured eggs, are those with bright orange yolks, such as are laid by the game breed, and by speckled varieties of the common breed. The large eggs of the Polish and Spanish, have often pale yolks and little flavour.

Those fowls with dark-coloured or yellow legs, have the flesh of a less pleasing white than those with pale flesh-coloured, or white legs. For delicacy of flesh, the game breed, the Spanish, and the Dorking, are the most esteemed; the Malay are coarse and inferior.

The characteristics of the above varieties are as follow:—

Of the common domestic fowl, there are eight varieties, viz.: the fowl with a small comb; the crowned fowl; the silver-coloured fowl; the slate-blue fowl; the chamois-coloured fowl; the ermine-like fowl; the widow, which has white, tear-like spots on a dark ground; and the fire and stone-coloured ground.

The varieties of the dunghill cock most in esteem are of middle size, with dark colours, and white, not yellow legs. White chickens are the best to fatten for the table.

The game cock is more slender in the body, the neck, the bill, and the legs, than the other sorts, and the colours are generally very bright and showy. The flesh is white and tender, and, on this account, marketable; but the propensity to fight is so strong among the chickens, that they often injure or kill one another; whence it is difficult to rear them.

It is a mistake to suppose that the Dorking breed of fowls have uniformly five toes; but they are of a larger size than the ordinary dunghill fowls, and have the body longer; the

flesh is rather yellow than white, and requires improvement; the colours are very variable; about Dorking, white is prevalent.

The Poland cock and hen have large combs and tufted crests of feathers. The principal colours are black, tinged with green.

The Spanish, like the Poland, are a large breed, have unusually large combs and wattles, and are black tinged with green.

The Malay resembles the Spanish breed in colour, is not so uniformly black, but brown streaked with yellow. The hens are good layers, and the eggs are large, but their flesh is coarse, and of a dark colour.

Of bantams, the nankeen-coloured and the black are the greatest favourites; booted legs are not exclusively peculiar to bantams.

The frizzled, or properly, the Frieseland breed, have the feathers turned, are smaller than our common fowls, and less suitable for domestic purposes.

The Russian breed have tufts of brown feathers springing from each jaw, and others longer and fuller from the lower mandible. The colours are blue, or black-and-white, and tawny orange spotted with black; one of these varieties is prized in Scotland for prolific laying.

To make hens lay through the Winter, mix powdered oyster-shells and slate with their food: the lime in the oyster-shells being necessary to form the shells of the eggs, and the slate improving their quality and flavour.

The full period of sitting by the hen is twenty-one days; the goose, thirty days; the duck, thirty days; and the pigeon, eighteen days.

To fatten Poultry.

For fowls, when you first put them up, mix pollard and ground oats with warm water: let them peck for three days, after which cram them for a fortnight with ground oats and fat; a bushel and a half of oats and three pounds of fat chopped being sufficient to fatten one dozen of fowls. Capons should be fattened as fowls, but crammed three weeks. Small chickens should peck for a week on ground oats, with milk and a little fat: cram them a week, but not too fast.

Fowls that roost in trees are much later in laying their eggs than those which have been housed and kept warm. Fowls belonging to London bakers begin to lay very early, as they generally roost over the ovens. Warmth, therefore, seems necessary to the early production of eggs.

Corn given to fowls should be crushed and soaked in water : this helps digestion, and hens that are so fed will often lay in Winter that would not otherwise.

Turkeys will require a month's fattening on half barley meal, half oats, and some fat, mixed as for fowls.

Geese and ducks should have for three days coarse bran mixed with hard water ; then whole oats in a trough, with some fine gravel at one end of it ; they should have clean straw, be fed three times a day regularly, and have water once a day. Ducks will require three weeks fattening, and geese three or four weeks.

All poultry should be kept clean, and should be shut up in darkness after their meals ; they should have milk to drink, and, before killing them, give them only a little thin gruel, made with oats.

Pigeons' proper food is horse beans, tares, and white peas ; they are also fond of salt, which is good for them. When the backs and breasts are scabby, mix a quarter of a pound of bay-salt with as much common salt, one pound of fennel, and the same quantity of dill seed, as much cummin seed, and one ounce of assafoetida ; knead all with a little wheaten flour and finely-worked clay, and bake in earthen pots in an oven. When cold, put some of this paste into the dove-cote, and the pigeons will eat of it and be cured.

Turnips cut into small pieces, and put into a trough of water, are much recommended for fattening ; as are the seeds of the sun-flower. The articles of cheap fattening for geese and turkeys are grains, oatmeal, treacle, boiled oats, ground malt, and barley-meal and milk.

The advantages of keeping poultry are in the following order :—first, geese ; secondly, ducks ; next, pigeons, dunghill fowls, turkeys, and guinea-fowls.

To breed Pheasants.

Put the eggs under a hen that has kept the nest for three or four days, and if two or three hens be set on the same day,

you will have the advantage of shifting the good eggs. In ten or twelve days, throw away the bad eggs, and set the hens again. As the young pheasants are hatched, put them into a basket with a piece of flannel, till the hen has hatched them all. Then put the brood under a frame, with a net over it, and a place for the hen, that she cannot get to the young pheasants, but that they may go to her; feed them with boiled eggs cut small, boiled milk and bread, alum, curd, and ants' eggs, a little of each sort, and often. They should be kept in the sun, on the warm side of a field, orchard, pleasure-ground, or garden; and when the country is covered with corn, fruits, &c., they will shift for themselves.

Pheasants are fond of acorns, beech-nuts, the berries of the hawthorn, the seeds of the wild rose, and the tubers of the Jerusalem artichoke. As long as these, and the corn dropped in harvest, can be procured, the pheasant will thrive. In the Spring, it finds abundance of nourishment in the sprouting leaves of young clover; but in the first three months of the year, it will require artificial food, as boiled potatoes and beans. The thousand-headed cabbage also affords excellent aliment for pheasants during Winter. The seeds of the sunflower are also capital food for pheasants, and greatly increase their eggs.

To keep Rabbits.

Cleanliness is very important; the boxes or hutches should be swept out daily, and the bottom made aslant, so as to keep dry; when facing the open air, they should be sheltered from rain. They should be fed regularly three times a day, and never with large quantities. The best food is fine middlings, to be bought of most bakers or cornchandlers, and mixed with fresh grains, for breeding does. The middlings should be mixed with milk, or warm water, to a paste for young ones for fattening, and they will be ready for the table in six weeks after leaving the doe. Green food, as cabbage-leaves, &c., should also be given to them, and when these are scarce, fresh grains may be given alone; and sometimes, a small piece of clover hay, or sweet meadow hay. Oats are much more expensive yet not better food than the above. Young ones may be separated from the does when a month old. About twice a year, the inside of the hutches should be washed with brine and water.

German Paste.

This food for cage-birds may be made in the following manner, of much better quality than that which is sold in the shops. Boil four fresh eggs very hard, grate the yolks of them very finely, and mix with them a quarter of a pound of white pea-meal, and a table-spoonful of fresh olive oil: press the whole through a tin cullender, to form it into grains, like small shot; then set it in a frying-pan over a gentle fire, and gradually stir it with a broad knife until the grains be of a fine yellowish brown colour.

To feed Pigs.

The Berkshire is one of the best varieties of pigs; they are generally reddish brown, with black spots, short legged, and small bones. The large spotted Woburn is another good kind, The small Chinese black, with thick necks, and short legs. fatten readily, and are very prolific.

The sow should be well fed when giving suck, and if the pigs be numerous, they, together with the sow, should be fed two or three times a day with milk, and wheat bran or meal. If the pigs are well fed, they will be ready for the spit in three weeks. When the pigs are weaned, they should be fed three times a day with wheat bran, barley dust, or meal, mixed with milk-warm water; in a few weeks, they may have potatoes, turnips, dish-water, "wash," grains, &c.

Milk and buttermilk are excellent fattening: or, when the pigs are put up to fatten, they should have three meals a day of potatoes, boiled, mixed with meal, moistened with milk or water, and seasoned with salt. Or, pigs may be fattened with baked potatoes, whole and dry. Barley-meal, if boiled, will afford much more nourishment than the same quantity mixed with cold water only. Buck wheat and peas make a good and quick fattening; as are also, the seeds of the sun-flower. Indian corn, too, is excellent, a pig having been known to gain, while feeding on it, fifteen stone in forty-five days.

Cleanliness in the sleeping-stye, clean litter elsewhere, and regular feeding, according to the appetite of the pig, are important. Feed him only when he appears to be hungry, and give him only as much as he will readily eat; if he leave any, remove it, and supply no more till he is again hungry.

A little antimony sprinkled amongst the food of pigs, twice or thrice a week, will promote their fattening.

MANAGEMENT OF BEES.

THE best hives are made of clean unblighted rye-straw. A swarm should always be put into a new hive, and the sticks should be new that are put into the hive for the bees to work on. Over the hive should be a cap of thatch, made also of clean rye-straw; and it should not only be new when first put on the hive, but a new one should be made to supply the place of the former one every three or four months; for it soon begins to rot, and harbour insects.

The hives should be placed upon a bench, the legs of which are covered with tin, so that mice and rats cannot creep up. If ants infest the hive, twist a green stick, and lay it round at a few inches from the legs of the bench, having first covered it with tar; which will keep away the troublesome insects.

Besides the hive and cap, there should be a sort of shed, with top, back, and ends, for shelter in Winter; though, in Summer, hives may be kept too hot, when the bees become sickly, and the produce light. The situation of the hive should be a little to the west of the south, for if the sun shines into the mouth of the hive too early, it will call the bee abroad before the juices of the flowers are turned into nectar; but, in the former situation, the sun will reach the front of the house about nine o'clock. The front of the house should lean a little inwards, that the mouth of the hive may fit closely to the mouth made in the boards, which should be three inches long in Summer, and one in Winter, and about one-fourth of an inch high, the better to keep out cold, and bevering moths.

In October, every stock should be examined, and the hive cleansed of the maggots, by turning it up, gently picking the dust and vermin out, and then gently setting it down in its place. If the bees are well, and in a condition to stand the Winter, and have a mother with them, they will sting, otherwise, not unless you hurt them.

The hives should be secured from high winds, rain, or other annoyances. No sort of filth should be allowed to collect about the houses; nor should weeds or grass be permitted to grow

near them, so as to harbour snails, slugs, or insects. The main points are to keep them away, as well as mice and birds, and especially a little bird called the bee-bird. Fowls should not go where bees are, for they eat them.

In purchasing bees, see that the interior of the hive is crowded, the comb yellow, and the side ones filled; if there be many queen cells, or if the wings of the bees be ragged or torn, the hive is old, and should be rejected. In Spring, a good hive should not weigh less than fifteen pounds; in Autumn, not less than thirty pounds; and, if it is a stock hive, the weight should not be less than forty pounds.

Swarming.

A swarm may be expected in May or June: preceding the swarming, small drops of perspiration may be seen at the entrance of the hive, the bees will cluster outside, and they will generally swarm with the first sunshine. When the swarm is once on the wing, it should never be lost sight of. It will then be seen that the bees do not first go in a body to reconnoitre the situation for their new colony, or swarm from the parent hive; but they succeed each other in going and returning, until all the swarm have made good the survey, after which the whole depart to take possession in a mass. The ringing of bells, and beating of fire-shovels, are likely to do more harm than good.

In eight or ten days, but not after the twelfth, a second swarm may be looked for: it is generally returned to the parent hive immediately. If, however, there be two swarms, they may be shaken singly into the same empty hive.

Hiving.

It is unnecessary to prepare the hive by rubbing the inside with sweet herbs, previously to putting the swarm into it, as the bees must remove all foreign matter from the hive before they begin to work. A clean and cool hive, free from any peculiar smell or mustiness, will be more acceptable to the bees; and the more closely the hive is joined together, the less labour will the bees have, their first care being to stop up every crevice, that light and air may be excluded.

The best situation for hiving a swarm is that in which the

hive can be held undermost, and the bees shaken into it, or brushed in with a goose's wing; care being taken that none of the knots of bees, which may contain the queen-bee, drop upon the ground. The hive should then be placed on a board, and left near the place of the swarm's first settling until the evening, when it should be carefully removed, and placed on a stand, at some distance from the parent hive.

The Huish hive is shaped like an inverted flower-pot, and is made of straw: it is open at both ends, with a band of straw projecting from the inside about two inches from the top; upon this band are placed seven thin bars of wood, about one inch and a half broad, fastened down, covered with gauze, and again with a circular board, in which are holes to allow the heat to escape from the body of the hive. The whole has a straw covering, made to fit like the lid of a saucepan. At any time, when honey-comb is wanted, remove the top and other coverings, take up the side bars, cut out the honey-comb, and replace them. By taking out part of the honey-comb, you may also make room for the bees, should they be crowded. In time of snow, the centre should be closed by a tin wicket.

Another hive is made as the cottage-hive, but to separate towards the middle; on the lower part, a board being fixed with holes in it to allow the bees to ascend to the upper part; when this is filled with honey, it may be removed, and replaced by another top. By means of a glass top, or inverted tumblers over the holes, the bees may also be seen at work.

Bees should be approached very quietly, as even the breath will disturb and annoy them. Worsted gloves should be worn, and open gauze, crape, or sieve-like cloth, over the face. As soon as a sting is received, it should be extracted, and the wound rubbed with vinegar and spirits, or washed with ammonia, or hartshorn, or touched with indigo or potash; and if the pain continue six hours, the wound should be poulticed.

To unite Hives.

If two or three distinct hives be united in Autumn, they will consume together scarcely more honey during Winter, than each of them would have consumed separately.

The following is a safe and effectual method of uniting hives, particularly when the honey-season is advanced—first

dissolve one pound and a half of coarse sugar in a gallon of small beer, and make it lukewarm. For this purpose, the services of two persons will be requisite. Provide an empty hive, and invert it on the hive from which you wish to dislodge the bees, either to take their honey, or to unite them with another hive. Place a small piece of wood between the two hives, so as to keep them about an inch apart on *one side*. The object in placing this stick across the mouths, and between the two hives, is to prevent the bees, after being driven up one side of the hive, descending, (which they would do,) by the other, to the hive from which they were dislodged. Then strike on the under hive lightly, so as not to injure the combs, till the bees, being terrified by the noise, take refuge in the upper hive. Gently lift the hive containing the dislodged bees, the person assisting also being ready to lift up the hive with which they are to be united. The hive which is to receive the new colony being then turned downwards, sprinkle the bees as they show themselves, as quickly as possible with a brush, or bunch of feathers, dipped in the beer and sugar. When the bees are pretty well drenched, sprinkle those which are in the other hive, that is, the bees which were dislodged from their own work; next empty them into the hive destined to receive the colony as quickly as possible, and sweep them with a bunch of feathers, or goose's wing, into the interstices between the combs. Then instantly turn down the hive upon the stand. This operation is best performed in the evening; and, in a few hours after the union, all will be quiet.

It is best never to keep the same stall or family of bees longer than two years, except it be wanted to increase the number of hives. The swarm of this Summer should always be taken in the Autumn of next year.

To take the Honey.

The following are easy methods of taking the honey without destroying the bees:—In the evening, when the bees are quietly lodged, approach the hive, and turn it gently over. Place it steadily in a small pit, previously dug to receive it, with its bottom upwards, and cover it with a clean new hive, with a few sticks across the inside of it. Having *closely* adjusted the mouth of each hive to the other, beat gently round the sides of the lower hive with a small stick for about ten minutes, in which time the bees will leave their cells in

the lower hive, and ascend, and adhere to the upper one. Then gently lift the new hive, with its tenants, and place it on the stand whence the other hive was taken.

Or, in April or May, place a flower-pot upon the top of each hive, which should have an opening there; the pot should hold eight or ten pounds, and, in a tolerably good season, it will be filled with honey, leaving sufficient for the bees to subsist on till the next Spring

To feed Bees.

Weak hives of bees should be fed in Autumn. The best food is a little stale honey; and the more plentifully a hive is supplied, after August, the more abundant will be the new honey with which the bees will repay you. The feeding should not be deferred until Winter or Spring: hives should be examined in September, and if a large hive does not then weigh thirty pounds, it should be allowed half a pound of honey, or the same quantity of sugar made into syrup with boiling water, for every pound that is deficient in weight; and in like proportion with smaller hives.

Bees are fond of the crocus: blossoms of all kinds, excepting those of the red clover and honey-suckle, are excellent food. Strawberry and peach blossoms, mignonette, wild and garden thyme, herbs of all kinds, apple, plum, cherry, and above all, raspberry blossoms and white clover, are delicious food for them. If it be a very dry Summer, place water near the bee-house, for if the bees have to go a great way for drink, they will not have much time for work.

To keep Hives for Winter.

Hives for preserving should be well stocked, and weigh from thirty to forty pounds. Place them in October, sheltered, and six or eight yards asunder, after sunset. Plaster the edges firmly, except at the entrance, which fit with a piece of hard wood; cut two holes a quarter of an inch square, and fix the board as a door with plaster. Cover the hives with drawn straw tied together at top, and fix it round with straw ropes, cut the straw a quarter of an inch below the board, lest it attract vermin. Once in four or five weeks, raise the hive from the board after sunset, scrape it clean, and sweep away dead bees. Observe, when turning them up, whether they move their wings; if not, remove them to a warmer situation, free from noise and light; keep them there till the extreme

rigour of the season is past, and then return them to their old situation, after sunset. Sunshine in snow is destructive to bees, if they get out; to prevent which, put straw plaiting across the holes to confine them, yet to give them air; but this should not be done for more than eight or ten days.

To obtain Honey from the Combs.

Provide crocks or jars, according to the quantity of honeycomb, and one or more coarse hair sieves. Bring the hives into a warm room, and loosen the combs with a thin long knife; first cutting off those parts of the comb which are empty, and selecting those which are black and drossy, from those in which there is any farina, to be drained separately. Should there be any brood or bees in the combs, be careful not to crush them, else they will spoil the flavour of the honey; but place the comb with the brood under any stock, brush or wash the bees, and lay them in the sunshine to revive.

Select the pure combs, cut them lengthwise into slices, lay them upon a sieve upon a rack, or cross sticks, to drain over the crock or jar, and turn them in two or three hours. This will be the purest honey, of a bright pale colour, thick, and a little aromatic. The other combs should be similarly drained without pressure; and honey still coarser may be obtained by wringing the combs in a coarse cloth.

The crocks or jars should be filled to the brim, as a little scum may be taken off before the honey is tied over with a wetted bladder. Liquid honey should not be poured upon that which is hard, else the mixture will cause it to ferment and turn sour. All honey should be stored in a dry place.

To preserve honey in the combs, wrap each in white paper, set it edgewise, as it stood in the hive, and it may be kept several months.

To extract Wax from the Combs.

Set on the fire an open vessel of water, and when it boils, put in the combs, closely tied in a canvass bag; squeeze it down with a stick or wooden spoon, when the wax will rise to the surface of the water; skim it off, put it into a vessel of cold water, and when congealed, take it off again, melt it, and cast it into moulds. Both wax and honey may be bleached perfectly white by steam, or exposure to a moist atmosphere; in frosty weather, the operation is very rapid.

HOME-BREWING.

ALTHOUGH there may be little or no saving in brewing beer at home, the beverage thus produced is so often preferred to the beer sold by the public brewer, that a few brief instructions in home-brewing may be acceptable.

The best seasons for brewing are October and March.

The utensils requisite for domestic brewing must, of course, be in proportion to the extent of the brewing to be carried on. In most families, the washing-copper is used as the boiler. With one which will contain twelve or thirteen gallons, eighteen gallons of beer may be produced at one brewing. For a yet smaller quantity, even a kitchen boiler, or a tea-kettle, may be made to serve the purpose.

For twice mashing, the mash-tub should hold eighteen gallons; it should be narrower at the top than the bottom, and it should have a metal cock at the side, close to the bottom; or, it should have a small hole, so that all the liquid contained in the tub may be drawn off by the cock or aperture, the hole being covered inside with coarse canvass, and a few small birch twigs; the outside of the hole to be stopped, when requisite, with a wooden peg. This tub should be raised upon a stool or other support, at such a distance from the floor as to allow the liquid to flow into a pail or other vessel placed beneath the hole. Or, two-thirds of any broad-bottomed cask may be made to serve as a mash-tub for a small brewing.

A mash-tub for a tolerably large brewing may be made from a common second-hand wine-cask. One end being taken out, it should be bored with holes, or they should be burnt with a hot iron; and this may be converted into a false bottom, by resting it upon a hoop nailed within the cask, about three inches from the bottom; between the real and the false bottoms should be inserted a tap, by which the wort is to be drawn off.

A mash-tub with a false bottom, is an improvement; as the grains cannot be stirred thoroughly in a tub with the canvass and birch strainer placed over the tap-hole. This mash-tub has also a flat cover, in three pieces.

A mashing-stick will be requisite; this is a pole, with a frame and cross spars at the bottom, which in shape resembles an inverted spade. Or, the mashing-stick may merely have two or three smaller sticks, put through or tied across the lower end of it, and projecting on each side of the long stick; so that the spaces between the cross spars allow the grains to fall through, when a lump is taken upon them and shaken. Or, a wooden rake, similar to that used in hay-making, but with longer teeth, will answer the purpose of mashing equally well.

Common washing-tubs may be made to serve the purpose of coolers; and, for a brewing of eighteen gallons, two tubs will be requisite, one containing sixteen, and the other twelve gallons. The shallower the tubs are, the better they will be adapted for *cooling* the wort: and each cooler should have its sides above the wort from two to three inches.

The largest of the above tubs, or coolers, may also be used as the underback, or receiver from the mash-tub; as also for a gyle-tun, or tub in which the beer is to be fermented.

A cask of any shape, without a head, will, however, serve for a fermenting-tub; but it should not be more than two-thirds filled with beer.

A pair of pails should be at hand.

As beer receives flavour very readily, it is important to keep the utensils very clean and sweet. If they be used for brewing only, some days before the process the casks and tubs should be filled with water, to render them tight; and, after they have been used, they should be well washed out, and set to dry. The copper should be carefully cleaned. The sweetness of the casks in which the beer is to be kept, should likewise be attended to.

Choice of Malt and Hops.

The best malt should be invariably chosen. It should break readily when bitten, have a sweet mellow taste, and thin skin, and be full of soft white flour. Bad malt will be hard and flinty when it is bitten; and if a few grains of it be put into a tumbler of water, they will sink; but good malt would float.

There are three kinds of malt, the pale, the brown or

high-dried, and the amber-coloured. The pale is the best, especially for ale, which will be pale in proportion.

Much depends upon grinding, or rather the crushing of malt; for, it should not be ground almost to powder, but coarsely crushed. In private families, a steel mill is employed for this purpose; care being taken that it does not cut the grain too finely. If the malt be new it should be crushed forty-eight hours, and if old, twenty-four hours, before it is used; whereby it will be much mellowed. In no case, however, must malt be crushed more than the above time before it is wanted; and it is best not to purchase malt before the brewing can be commenced.

New hops are much better than old; as their fine flavour cannot be kept beyond a twelvemonth. The newest are of a greenish-yellow colour, and fragrant smell, and feel clammy when rubbed in the hand. Old hops are of a brownish colour, are very dry, have little fragrance, and less flavour. Farnham and Worcester hops are most esteemed for mildness.

Water.

Soft water is mostly preferred for brewing; it should be taken fresh from brooks, or rivers, or from ponds fed by rivulets or springs; but it should not be taken from stagnant ponds, nor should it be rain water that has been kept. A prejudice long existed against hard water for brewing; but it has been found to be equally productive in malting, and it is believed to be a preservative of the beer.

To ensure a certain quantity of beer, allowance should be made in the quantity of water for the soaking up of the malt, evaporation in boiling, and cooling, &c.; such allowance being about three gallons for every nine gallons.

As the heat of the water is important in brewing, and as the hand is a very uncertain test of temperature, a common thermometer, in a tin case, should be provided*.

* Another instrument, of nearly equal use with the *Thermometer* in brewing, is the *Saccharometer*, to ascertain the gravity, or the quantity of sweetness in any liquor. It is rarely used in domestic brewing upon a small scale. Its employment will be found well explained in a deservedly popular work, entitled, "*The British Wine-maker, and Domestic Brewer.*" By W. H. Roberts. Third Edition. 1836.

To brew Beer.

The process of brewing is divided into the several stages of mashing, subsiding, boiling, cooling, and fermenting; all which are requisite before beer is produced, and finally put into the cask.

In *mashing*, or mixing the malt with the water, the object is to extract the greatest quantity of the sweet or saccharine matter. This cannot be done by boiling water, for it will form a paste with the malt, and set, or lock up its sweet matter, so that the water will not receive its flavour. It should, therefore, be several degrees short of boiling, or reduced by the mixture of cold water from the heat of 212 degrees to 182 degrees of the thermometer, the latter being the best degree of heat for the domestic brewer; but it should not exceed this heat. The water being thus ready in the mash-tub, one person should throw the malt in, while another mixes it well with the mashing-stick for, at least, twenty minutes. The mash-tub should then be covered up and left for one hour and a half, to *subside*.

The previous stirring or mashing is requisite, that the grain may be thoroughly mixed with the water; for, were the malt merely put into the water, and left, it would settle, and give its sweetness to the water just in contact with it, while the water above would scarcely be flavoured. The liquor is then called *wort*.

The mash having been left the above time to settle, the wort should be gently drawn off into the underback; it should be clear and form a fine transparent head, with a pearly froth several inches above the surface of the liquid. But, if this froth be tinged with red, and be turbid, the water at the time of mashing was too hot; if the wort falls dead, and without froth, the water was not hot enough.

While the mash is resting, the copper should be re-filled with water, to be boiled for the second extraction. When nearly the whole of the wort has run into the underback, the tap should be turned: the second boiling of water, hotter than the first, (or from 100 to 190 degrees,) should then be spread at four or five different times, upon the mash, and the tub be covered up as before, for ten minutes. The tap should then be gradually turned on, and the second extract run on to the first in the underback; if it be cloudy, it should be

received in a pail until it appears clear, and the thick wort be lightly returned into the mash-tub. The best mode of adding the water in this second extraction, is by *sprinkling* it over the mash from a watering-pot, through the rose of which it will fall lightly, as in a shower.

The quantity of wort in the underback should then be gauged, and the quantity of ale to be brewed should be decided on, an allowance of one-third being made for the loss of water in boiling, in the absorption of the hops, and the evaporation in cooling. The requisite quantity having run into the underback, the tap of the mash-tub should be turned.

The copper having been again filled in the interval, and the water in it boiled, it should be allowed to cool to 196 degrees, and should then be run on the grains for table-beer. The moment the water is drawn off, the ale-wort should be put into the copper for *boiling*.

Half of the hops intended to be used, should next be put into the wort, and boiled for half an hour; and then the remaining hops, to be boiled half an hour longer. After they have boiled a short time, small fine flocks will separate from the liquor; these will become larger, the liquor will become brighter, the hops will sink to the bottom of the copper, and the wort will be sufficiently boiled. The fire should then be damped, and the wort should be run into a cooler through a coarse hair sieve, to keep back the hops. The table-beer wort having been drawn off into the underback, is then to be poured into the copper upon the hops, boiled rapidly for an hour and a half, and then, like the ale-wort, run into a cooler.

The *cooling* of the wort should be very quick, especially in warm weather, as it will be then most liable to change. It should not be allowed to remain in the coolers longer than eight hours.

The wort should then be put into the *fermenting-tun*, care being taken that the portions from each cooler are of the same temperature, else the wort will be "foxed," and the yeast will not separate itself.

The temperature in the fermenting-tun should be varied according to the quantity: for a hogshead, with the atmosphere at 45 degrees, the heat should be from 72 to 75 degrees, to set which will require three pints of brewers' yeast. A

quart of this should be put into the wort with a portion of the latter warmed to 85 degrees; a similar quantity of wort should then be added, the fermentation will soon commence, and the whole should be poured into the fermenting-tun before the wort is run in. The remaining portion of the yeast may be added from time to time, as the fermentation in the tun becomes weak; care being likewise taken that the fermentation does not proceed too rapidly.

If the brewing has been successful, next morning the wort will have a creamy head, which should be stirred into the mass. In the evening it should be examined to see that the fermentation is vigorous; in which case, there will be on the surface a cauliflower head, with dark yeast patches. These must be removed, else the ale will be bitter. The creamy portion of the wort should, however, be again mixed in, and the tun left till the beer has an even dark-brown head; this should not be allowed to fall, but should be skimmed off, and the ale should then be put into casks.

The casks should be clean and quite dry, and placed somewhat aslant on the stand, when the yeast will rise better through the bung-hole. The casks should be kept filled up, else the ale will be thick instead of clear, a fault too common in home-brewed beer.

When the fermentation has ceased, the casks should be bunged down, removed into the cellar, and set upon stands. A spile-hole should then be made, and a vent-peg put in; and the ale will be fit for drinking in four months.

The table-beer, which was left in the cooler, should be treated as the ale-wort, but set with one quart instead of three pints of yeast; generally, in forty-eight hours the fermentation will subside, and the table-beer may be casked, bunged down, and removed to the cellar.

To exclude the air by covering the surface is a great point in keeping beer, for which purpose put a handful of hops, half-boiled in wort, into the bung-hole of each cask, previously to storing it in the cellar.

Salt is sometimes added to flavour beer, in the proportion of one pound to each hogshead.

These directions for brewing upon a small scale apply equally well for larger quantities, and greater strength may be obtained by the addition of more malt and hops, in proportion to the water used.

To prevent Beer turning acid.

A patent has lately been taken out in America, for preventing beer becoming acid in hot weather, or between the temperatures of 74 and 94 degrees, by the following means:—tie in a linen bag two ounces of raisins to be put into the wort before fermentation, or when it is put into the tun; where the raisins should remain until the fermentation has so far advanced as to produce a white scum all over the surface of the liquor, which will probably take place in about twenty-four hours. The bag containing the raisins must then be taken out, and the liquor left until fermentation ceases.

Fining.

Should ale or beer be thick, and it be requisite to fine it, dissolve one ounce of isinglass in one quart of stale beer; in several days, add to it as much more beer; and strain the whole through a sieve. Half a pint of this fining will be the fit quantity for each eighteen-gallon cask of ale or beer to be fined, if it be well mixed in; it should be lightly bunged down, and in a few days it will be clear for use.

To ascertain whether the beer be in a proper state for fining, draw off a little into a pint bottle, and add to it a tea-spoonful of the finings; shake it up, and let it stand; if the beer be fit to fine, in a few minutes the isinglass will collect the feculencies, and fall to the bottom. If the beer be not fit, but fermenting, or in an after-fret, the fining will soon sink, but leave the beer thick, except just at the top, where it will be somewhat transparent.

Muscovy glass has of late years been found to answer the purpose of fining, and correcting stale beer. It is boiled before it is used; and a pound goes as far in fining beer as two pounds of isinglass.

To brew Nine Gallons of Beer.

The pot or boiler should contain six gallons, when only two boilings will be necessary. The mash-tub should have a hole, or tap, at the side, as before directed. Provide one peck of ground malt, and four ounces of good hops. Pour into the mash-tub four and a half gallons of boiling water, to which add immediately one gallon and a half of cold water; shake in the malt, stir the whole well with a mashing-stick, cover the

tub with a sack or lid, and set it by the fire for two hours; then let off the clear wort from the mash-tub into a bucket placed to receive it. Meanwhile, a fresh supply of hot water being obtained, replace the peg, and pour upon the grains in the mash-tub six gallons of *nearly* boiling water; stir it well about, cover it, and leave it by the fire for an hour; then put into the boiler the wort which has been drawn from the mash-tub, and boil it for twenty minutes; add the four ounces of hops, and boil for twenty minutes longer, and strain the wort into a shallow tub to cool. The second charge of wort should then be put into the boiler, where the hops have been returned, and boiled half an hour. During this time, the grains should be taken out of the mash-tub; this should be washed, to receive the first wort from the cooler, which will then be at liberty for the second wort to be poured into it when it has boiled its appointed time. When the latter has cooled, it should be mixed with the first wort in the mash-tub. When the whole is lukewarm, add about three-quarters of a pint of yeast; let it ferment for a day or two at most, the froth, or new yeast, being frequently skimmed off; and, before the fermentation has quite subsided, put the beer into a cask. As long as it *works*, or sends up yeast, keep it filled up, and leave the bung-hole open; but, as soon as the fermentation is well-nigh over, hammer the bung, with canvas under it, tightly into the cask. This beer will be fit to drink in three or four days.

The above will be nine gallons of ale; but if the two worts be kept separate, the first will be ale, and the second table-beer.

Beer from Barley, Malt, and Hops.

It has been found that a certain proportion of raw barley, mixed with malt, not only produces better, but cheaper beer than that brewed with malt. It should be the best malting barley, ground somewhat finer than malt, but not into dust; and the water should not be so hot as for malt only. The proportions are as follow:—for nine gallons of beer, take half a gallon of malt, and half a gallon of barley; first put into the tub two gallons of boiling and one gallon and a half of cold water, add the malt and barley, stir well, and then pour in two gallons and a half of nearly boiling water, for the first wort. Proceed with the second wort, and add the hops, as before directed, for nine gallons of beer.

Table Beer without Malt.

Boil four pounds of coarse brown sugar, and three ounces of hops, in ten gallons of water, in a covered copper, for three-quarters of an hour; ferment the strained liquor in the usual manner, keep it for a week or ten days, and it will be fit for use.

Cheap Beer.

To half a bushel of malt add four pounds of treacle, and three-quarters of a pound of hops: this will make twenty-five gallons of beer, the cost of which will be but two pence per gallon, where the materials are purchased to the best advantage. This beer will be fit to drink in a fortnight, but will not keep in warm weather.

Beer from Mangel Wurzel.

Clean half a hundred weight of mangel wurzel, and boil it an hour and a half in fourteen gallons of water; slice the roots, pulp them through a sieve, and add the juice to the water they were boiled in, which boil for an hour and a half with four ounces of hops; strain it, and work it for a day with half a pint of yeast: then skim off the yeast, and barrel the beer, keeping back the sediment. About two pounds of treacle boiled with the mangel wurzel will much improve this beer.

Beer from Potatoes.

Boil one hundred weight of peeled potatoes in eleven gallons of water, and mix them into a batter. Meanwhile, let seven pounds of malt be mashed in a gallon of tepid water, which add to the potato mixture at the temperature of 144 degrees; stir the whole well together, cover it, and let it remain three or four hours. Then boil it for half an hour with two pounds of hops, strain it through a sieve, and, when at 59 degrees of heat, set it with a quarter of a pint of yeast; when fermentation commences, skim the beer, and draw it off into a cask, where the fermentation should be finished. An excellent beer may also be brewed from parsneps by the above process.

Beer from Sugar.

Provide a ten-gallon cask, with the bung-hole well stopped; set it upright, and fix a cock into one of the staves, about an inch above the bottom chime: in the middle of the upper end

of the cask bore a hole, which will admit a large bottle-cork. For ten gallons of strong ale, boil about one pound and a half of hops in eleven gallons of water for five minutes only, strain them, and in the liquor dissolve fourteen pounds of sugar; mix in a pint of yeast, pour the whole into the cask, where it will soon ferment and throw up the yeast through the cork-hole, and mostly run back into the cask. This fermentation will continue three weeks or a month, during the latter half of which, the cork should be generally kept in the hole, but be removed, every other day, for a time, to give vent to the fixed air. When the fermentation has ceased, the taste of the sugar will be barely perceptible; the cork may then be permanently driven in, and in four days the ale will be fit for draught or bottling. The quality of the sugar is unimportant: white sugar will afford an almost colourless ale; brown sugar will impart proportionate colour, and not so pure a flavour.

To correct Flat or Stale Beer.

Take one gallon out of eighteen, and add to it one pound of honey; boil the beer half an hour, taking off the scum, pour it back into the cask, and stir thoroughly; bung it down closely, a slight fermentation will ensue, and the beer will drink brisk. If the beer is becoming stale, add to the fining a small piece of slaked lime, stir it well, and leave out the bung a few hours, having first drawn out a gallon, to be returned when you bung it down; still leaving the spile out as long as any air escapes.

To keep beer on draught for any time, take a pint of ground malt to every twenty gallons of beer; hang it in a linen bag within the cask, and lower it as the beer is drawn. Ropiness, without sourness, may be remedied by mixing a spoonful of mustard in a small quantity of the beer, and pouring it into the cask.

Pounded chalk, and burnt oyster-shells, suspended in a linen bag in sour beer, will restore it in a few hours; as will also eggs, and egg-shells; but they give the beer a new, bitterish taste.

To bottle Ale.

To prevent the bursting of the bottles from a new fermentation, when beer is to be bottled, loosen the bung for a short time, to flatten it. Or, having filled up the bottles, leave them uncorked for twenty-four hours. Should they have lost by

frothing over, or should the froth have subsided in the bottles, fill them up within two inches of the corks, drive the corks home, and lay the bottles on their sides. In this state, the beer will soon become *up* in the bottles; if it be strong, it will remain quiet; if weak, it will be liable to burst the bottles, when all should be set upright. In Winter, they should be kept moderately warm; in Summer, cold.

If, on drawing the vent-peg from the cask, the ale appears still, it should be examined: if it be somewhat sweet and brisk, it will be just fit for bottling, and the bottles need not be left uncorked for any length of time. If the ale appears flat, and sourish, it is totally unfit for bottling. Home-brewed ales, made in small quantity, and in cold weather, do not succeed for bottling.

To ripen beer, put into each bottle a few drops of yeast, a lump of sugar, a raisin, or a few grains of rice, and in twenty-four hours the beer will be brisk, but liable to burst the bottles.

Flat and hard Bee.

To prevent drawn beer becoming flat, put into it a piece of toasted bread, which will keep much of its briskness for some hours. A very small quantity of carbonate of soda, or salt of tartar (carbonate of potash,) added to hard or stale beer, just before it is drunk, will correct the sourness, and make the beer brisk.

To make Cider and Perry.

Cider may be made in small quantities of as good a quality as in the cider counties; and the superabundant apples of a large garden may be economically used as follows:—Provide a strongly-made tub, eighteen inches in diameter, and of the same height; the bottom should be thicker than usual, the edge of it being, at least, half an inch thick, where it is let into the chimb; and the iron hoops should be very strong. This tub is to serve as a crushing-trough. The pounder should be of hard wood, somewhat of the shape of a sugar-loaf; and a common square clothes-press will serve to squeeze the fruit in. The apples being pulped, should be put into a coarse canvass or hair-cloth bag, and placed in a wooden tray, large enough to admit the pressing-board, and with a spout at the bottom, to let out the juice, which will run as the board is

screwed down, gradually and steadily, else the juice will be muddy.

The juice is next to be put into an upright cask, through a cork-hole in the head, wherein it may be left to ferment. As soon as it ceases, draw it off the lees by boring a gimlet-hole at the bottom of the cask, a little above the chimb; put the cider directly into a clean cask, bung it down when full, and keep it for draught; or, after remaining in the cask for two or three weeks, it may be drawn off, and bottled.

Good cider depends on the proper quality of the fruit. The apples with a light ground, red streaks on the sunny side, and a smart acid flavour, are best for cider; the table-apples being entirely unfit. They should be uniformly ripe, and sound.

For making perry, the pears should not be quite ripe, and mixed with a few crabs. The Teinton Squash pear produces the finest perry, which has frequently been sold as champagne.

American Cider.

In the United States, a liquor is distilled from cider, called cider-brandy: a very strong liquor is also obtained by allowing cider to be frozen, and then drawing off the portion which remains fluid.

A far more palatable liquor than either of the above is prepared by adding one gallon of brandy to six of new cider, after it is racked off; this, when eight or twelve months old, is an excellent substitute for wine.

To bottle Cider.

To fine and improve one hogshead of cider, take a gallon of French brandy, and put into it half an ounce of pounded cochineal, with one pound of ground alum, and three pounds of sugar-candy, bruised; mix the whole with the cider, and stop it closely for five or six months; after which, if fine, bottle it.

In hot weather, cider should be left a day or two uncorked, that it may get flat: but if it be too flat, put into each bottle a small piece of sugar-candy, four or five raisins, or a small piece of raw beef. Cider should be well corked and wired, and set upright in a cool place; except a few bottles, which may be kept in a warm place to ripen.

HOME WINE-MAKING.

HOME-MADE wines have of late years fallen into disrepute, principally on account of the incompleteness of their manufacture. The great error is in using too small a portion of fruit, compared with the sugar employed. British fruits contain so much undecomposable acid, that it requires a greater quantity of sugar than is commonly used, to complete the fermentation of their juice into wine, with a due proportion of spirit to keep it. Hence, our domestic wines have a sweet and mawkish taste, which makes them resemble "a sort of rum, or spirit of sugar, rather than pure wine."

Again, much depends upon the quality of the fruit. In a warm, dry season, fruit will contain nearly-one-fourth more saccharine matter than in a cold, wet one; on which account, more sugar will be required in the former than in the latter; though, in most recipes for making wines, an uniform quantity of sugar is directed for all seasons. These proportions can only be regulated with sufficient nicety for perfect success by aid of the saccharometer, by which can be ascertained the precise proportion of saccharine matter in the juice of the fruit, in the juice with water, and the compound of juice, water, and sugar.

It has been found by experience, that the greater the proportion of sugar, provided it does not exceed three pounds and a half to each gallon of juice, the more generous will the wine be, and the longer will it keep. The more sugar that is employed, the less water it is necessary to add to the juice; for the juice contains the natural leaven or yeast, by which only the sugar should be converted into spirit. Hence, by adding too much water to the juice, you reduce the leaven, and much of the sugar remains unchanged, giving the wine a disagreeably sweet and sickly taste.

In a fine season, equal quantities of pure juice and water will be a good proportion: in an unfavourable year, the juice will, probably, admit of only one-third water being added to it.

When the fermentative process is rendered tardy and incomplete, by the improper adjustment of the sugar to the fruit, it

is frequently endeavoured to be excited by yeast, than which nothing can be more injudicious ; for yeast mostly spoils wines, by imparting to them a flavour not to be overcome.

Another error is the addition of spirits to domestic wines, which are known to shorten their durability. Spirits will not check fermentation, nor prevent wine from turning sour ; but they will spoil the flavour of the best wine, unless they be added in a very small quantity. If, however, the fruit and sugar be duly proportioned to each other, and the fermentative process be properly managed, an infinitely better wine will be produced without the use of spirit, than can ever be made with it.

The only ferment to be employed in wine-making is that furnished by nature ; and when this is defective, as is sometimes the case in our domestic fruits, the ferment of the grape may be supplied artificially. This may be done by adding about one ounce of *crude tartar* to every gallon of liquor, the sweetest requiring most.

When tartar is added, it should be coarsely pounded, and mixed with a small quantity of the best *must*.

The manufacturers of British wines for sale employ the first wort from malt to supply the deficiency of sugar in our native fruits ; and they find this substitute economical, especially when beer is made from the good remaining in the malt, after enough wort has been extracted for making the wine. Malaga raisins are also employed by manufacturers, for the great quantity of saccharine matter which they contain.

Wines made from roots, flowers, &c., as parsnep, ginger, cowslip, and elder-flower, have so little of the natural leaven requisite for fermentation, that it is advisable to employ extract of raisins, with less sugar ; for raisins will ferment spontaneously ; whereas, if sugar alone is used, it is mostly requisite to employ an artificial leaven.

Fruit—Fermentation.

The fruit should be gathered in fine weather, and unsound berries and stalks picked out. It should be bruised in the vat, or in a second tub. The guard should be placed against the tap-hole of the vat, to prevent the husks escaping when the *must*, or extract, is drawn off. The water being added to the fruit in the vat, the contents should be stirred, and left

to macerate till the next day, when the sugar, &c., first dissolved in some of the liquor, should be added, and the whole well stirred up. The vat should stand in a free circulation of air, and if the fermentation does not take place in a reasonable time, the contents should be stirred, and the place made warmer. For eighteen gallons of white wine, two or three days are generally sufficient; but red wines will require a day or two more.

If the vat be washed with lime-water, made of newly-slaked lime, it is said to correct the acid predominant in British fruits.

If a *dry* wine be wished, protract the fermentation by mixing in the scum or head. If a *sweet* wine be wanted, check the fermentation by separating the head as fast as it rises. If the wine is to be brisk, the fermentation ought to be as nearly as possible in a close vessel, and the liquor bottled before the fermenting process is finished.

Fermentation is more rapid and perfect in large than in small quantities: thus, two gallons will require more time in fermentation than ten gallons.

Casking.

The casks should be washed with hot salt and water, then with hot water, and lastly with a portion of the fermented liquor made to boil.

After the liquor is removed into the cask, it will slowly ferment, and some will evaporate. The cask should, however, be kept filled near the bung-hole, else the scum cannot be thrown out.

When the fret subsides, close the bung-hole, and bore a hole for a peg, to be withdrawn occasionally, else the cask may burst.

In the following Spring, determine whether you bottle or keep in wood another year; but wines that have been properly fermented, and promise well, will be improved by remaining in the cask another year. Then, if the wine wants rich flavour, add to twenty gallons, five pounds of sugar-candy.

Bottling.

Brisk wines should be bottled on the approach of Spring.

If the wine be not fine enough, draw off a quart, in which dissolve isinglass in the proportion of half an ounce to twenty

gallons, and pour the solution in at the bung-hole. In about three weeks, the liquor will be sufficiently clear for bottling.

In drawing off, be careful to tap the cask above the lees. The wine, to be fit for bottling, should be fine and brilliant, else it will never brighten after. When bottled, it should be stored in a cool cellar, and the bottles laid on their sides, and in sawdust; but, on no account set upright.

In making wines, it is a good plan to use two casks, one a very small one, from which the larger one may be filled up, during the fermentation.

The following wines will not *require* the addition of any spirit; but, if brandy, or, what is more general, common malt spirit, be employed, the quantity of sugar may be diminished at the rate of two pounds for every quart of spirit added.

Ripe Grape Wine.

Grape wine is the finest of all home-made wines. In a plentiful year, fifteen pounds of grapes, or even twenty pounds should be used to each gallon of water. They should be picked from the stalks, and slightly broken with the hand; let them stand for three days, when press them, draw off the liquor, and wash any remaining flavour from the husks. Add two pounds of strong sugar to each gallon of the juice and water, and draw it off into a cask to ferment: examine it carefully once a week, and when the fermentation has nearly subsided, rack it off; if it has been reduced, put into the cask one pound of sugar candy, bung it down, and let it stand fifteen months before it is bottled; or, if it be first kept in the wood, the wine will be greatly improved; in which case, it should be examined every six months, and any deficiency made up by adding spirit and a small portion of water and sugar.

Very superior wine is made from the pure juice of ripe grapes, with from one to two pounds of sugar, and one ounce of crude tartar to each gallon.

To make Seven gallons of good Grape Wine.

Take four gallons and a half of water, and five gallons of ripe grapes; crush the fruit, and soak it in the water for a week; then add eighteen pounds of good loaf sugar, ferment, and put into a seven-gallon cask. Wine made as above may be kept good for ten years.

Ripe Gooseberry Wine.

Bruise five gallons of ripe white or yellow gooseberries; add to them two gallons and a half of soft water, and sixty pounds of loaf sugar: put them into an open tub, and stir them together until the sugar be dissolved. Let the whole ferment for a fortnight, and the refuse will entirely separate. Then make a hole within two inches of the bottom of the tub, and draw off the liquor, which will be as pure as water. Put it into a cask, adding three pints of brandy to every twenty pints of wine. Let it stand for five or six months, then bottle it, and in half a year it will be similar to Moselle.

Or, put into a tub a bushel of gooseberries, about two-thirds ripe, with nine gallons of water; let them stand twenty-four hours, put them into the press, and to the liquor add forty pounds of loaf sugar; put it into a cask, bung it up, and let it stand for twelve months, when bottle it.

French Gooseberry Wine.

Gather the gooseberries when about half-ripe, and having crushed them, strain the juice through a canvas bag, and to every two gallons add three pounds of loaf sugar. Let it remain for fifteen days, when carefully pour it off, and cask it; leave it to ferment for three months, when the quantity is under fifteen gallons, and for five months when double that quantity. It should then be bottled, and it will soon be fit for drinking.

Gooseberry Champagne.

Provide forty pounds of full-grown but unripe gooseberries, of the *Green Bath*, or any other kind with little flavour; rub off the blossoms and stalks, pick out unsound or bruised berries, and separate the small ones by means of a sieve. Put the fruit into a fifteen or twenty-gallon tub, and bruise it in small portions, so as to burst the berries without bruising the seeds. Pour upon them four gallons of water, carefully stir and squeeze them with the hands, until the juice and pulp are separated from the seeds and skins; in twelve or twenty-four hours, strain the whole through a canvas bag, and pass through the fruit a gallon of fresh water. Next, dissolve in the juice thirty pounds of loaf sugar, and add water, if requisite, to make up the whole liquor to eleven gallons: let it

remain in the tub, cover it with a blanket, over which place a board, and let the temperature of the place wherein the tub is set be from 50 to 60 degrees of the thermometer; in a day or two, according to the symptoms of fermentation, draw off the liquor into a ten-gallon cask to ferment, keeping it filled up near the bung-hole. When the fermentation becomes somewhat languid, drive in the bung, and bore a hole by its side, into which fit a wooden peg. In a few days, loosen the peg, so that any air may escape, and when there appears no longer any, drive in the peg or spile tightly.

The wine being thus made, it should be set in a cool cellar, and remain there until about the end of December, when, to ensure its fineness, it should be racked into a fresh cask, to clear it from its first lees; or, should it then prove too sweet, instead of racking it, the fermentation should be renewed, by stirring up the lees, or by rolling the cask. Sometimes, if the wine be examined on a clear cold day in February or March, it will be found fine enough to bottle without further trouble. If it be racked, it should be fined in the usual way with isinglass.

If a very sweet as well as brisk wine be wished, the quantity of sugar for ten gallons should be increased to forty pounds; and to ensure briskness without excessive sweetness, the proportion of the fruit should be fifty pounds when the sugar is thirty. If the sweetness should pass off from wine thus made, check the fermentation by racking and fining, and it will be speedily fit for use.

Wine from unripe Currants.

Allow the same proportions of fruit, sugar, and water as for gooseberry champagne; and separate the stalks carefully from the fruit. If the husks be not fermented with the liquid, it may be put at once into the cask without fermenting in the vat; in all cases, it should be first strained.

The foregoing process may be varied by fermenting the whole of the fruit with the juice in the vat with the sugar, in the first stage. The fermentation will then be more rapid, and the wine be stronger and less sweet; but it will require more flavour. Half a pound of crude tartar may also be added to ten gallons of this wine.

Wine from unripe Grapes.

Proceed as in making gooseberry champagne, except that the husks of the grape should be fermented in the vat with the liquid.

Red Currant Wine.

Gather the currants when they are dead ripe, on a dry, warm day, and pick them from the stalks. For ten gallons of wine, take twelve gallons of fruit, and lightly press them into a tub, so as to crush them entirely. Next, strain the juice, and put to the squeezed fruit one gallon of cold water. In a good season, add to the juice an equal quantity of cold spring water; in unfavourable seasons, one-sixth less water should be mixed with the juice, to which also should be added the water from the squeezed fruit. Then, to each gallon of juice and water, put two pounds and a half of good moist or loaf sugar, and allow it time to dissolve; it should then be left to ferment; and, if half a pound of crude tartar be added to it, the flavour will be improved, and the fermentation assisted. When the latter has ceased, the casks should be filled up; and, to ensure a fine mellow wine, it should not be bottled within fourteen months.

White Currant Wine.

To each gallon of the juice of white currants, add three pounds of loaf sugar, stir them together, let the liquor stand twelve hours, and then pour it into a cask, adding twelve ounces of crude tartar, powdered, to every twenty gallons; allow it to ferment for three months, and cover the bung-hole with a tile; then bung it closely down, leave the spile rather loose, and examine the cask occasionally for six months, when the wine may be bottled.

Or, to each gallon of the juice of white currants, add two gallons of water, and into each gallon, when mixed, put three pounds of fine loaf sugar; put it into a cask, and leave the bung-hole open; when it has worked fourteen days, put into it, in a bag suspended about half way from the bung, one pint of mustard seed, previously soaked in a quart of brandy; and in twelve months the wine will be little inferior to Lisbon.

Black Currant Wine

May be made in the same manner as red currant wine.

Or, a fine black currant wine to imitate Constantia, may be made as follows.—to every gallon of water allow the same quantity of picked currants; squeeze them lightly, and pour on the water; then put both into a copper, boil ten minutes, when draw off and strain. Press the berries again, pour on the husks more water to make up for the loss by boiling, and to extract the remaining good, and strain it into the first liquor. Add to each gallon, two pounds and a half of loaf sugar, and one ounce of crude tartar; and when the liquor is at the temperature of 85 degrees, add a quarter of a pint of fresh yeast to every five gallons. The longer it is kept in the cask before bottling, the better.

American Currant Wine.

To one gallon of currant juice add two of water; to each gallon of this mixture add three pounds and a quarter of sugar, a gill of brandy, and a quarter of an ounce of powdered alum: put the whole into a clean cask, in March draw off, and add another gill of brandy to each gallon.

French Currant Wine.

Dissolve eight pounds of honey in fifteen gallons of boiling water; to which, when clarified, add the juice of eight pounds of red or white currants. Then ferment for twenty-four hours, to every two gallons add two pounds of sugar, and clarify with whites of eggs.

French Blackberry Wine.

Boil together five gallons of ripe blackberries, seven pounds of honey, and six gallons of water; strain, and leave the liquor to ferment; then boil it again, and put it into a cask to ferment.

Wine from mixed Fruits.

Take black, red, and white currants, ripe black cherries, and raspberries, of each an equal quantity: and to four pounds of the mixture, well bruised, put one gallon of soft water; steep three days and nights in open vessels, frequently stirring up the whole, strain it through a hair sieve, and press the remaining pulp dry. Then, to each gallon of the liquor add three pounds of good moist sugar; let it stand three days, frequently stirring up as before, after skimming off the top. Then put it into casks to ferment. Lastly, to

every three gallons put a quart of brandy, and bung closely. If it does not fine, stir into the liquor some dissolved isinglass, in the proportion of half an ounce to nine gallons.

Or, mix white, red, and black currants, strawberries, raspberries, cherries, plums, and red gooseberries; press the juice from them, and mix it with an equal quantity of water, or use two-thirds juice and one-third water. Cover up the liquor for twenty-four hours; then strain and measure it, and proceed as for red currant wine, with the addition of half a pound of crude tartar to every ten gallons of the must.

Raspberry Wine.

Proceed as for red currant wine; but, at the decline of the fermentation, add a small quantity of the pure juice of raspberries, or suspend some fresh fruit in the cask, and the flavour of the wine will be very considerably improved.

Damson, or Cherry Wines.

Provide eight gallons of fruit and take out and break the stones of about one gallon for the flavour of the kernels; press the fruit, pour upon it eleven gallons of water, and strain the liquor; let it stand for twenty-four hours, when add thirty pounds of sugar with six ounces of crude tartar, and ferment.

Or, pour upon every eight pounds of damsons, one gallon of boiling water, and let them stand three days, when strain off the liquor, and to every gallon add three pounds of raw sugar; put it into a cask, and ferment with the bung loose; then bung it closely, and in about four months it will be fine for bottling.

Elder Wine.

To every gallon of picked ripe berries, allow one gallon of water, and let them stand twenty-four hours, often stirring them; then put them into a copper, and boil well for half an hour, when draw the whole off, and strain it through a sieve; put the juice into the copper a second time, and to each gallon add three pounds and a half of moist sugar; boil it for half an hour, and, within the last five minutes, add, tied in muslin, bruised ginger and allspice, of each four ounces to every ten gallons; then take out the spice, and, when cool, set the

must to work, with some good yeast upon a toast. When it ceases to ferment put it into a cask, bung down closely, let it stand three or four months, and bottle it, though it may remain in the wood if more convenient. The addition of a few damsons, sloes, or any rough plum, to the elder-berries, will give this wine the roughness of port. It will likewise be improved by the addition of crude tartar, before the wine is set to ferment.

A superior elder wine may be made by using, instead of moist sugar, four pounds of loaf sugar to every gallon of mixed juice and water.

Imitative Frontignac.

Weigh eighteen pounds of raisins, pick them from the stalks, chop them, and pour upon them six gallons of water; when the sweetness is extracted from the fruit, strain the liquor into a tub for fermentation, measure it and make up any deficiency, by pouring water over the raisin refuse. Then put into the liquor half a peck of white elder-flowers, add seven pounds of sugar, and five ounces of crude tartar, and ferment with a quarter of a pint of yeast upon a toast; let the flowers remain in the *must* till the fermentation is over, when strain it into a cask, adding the juice of six lemons. Bung it closely; bottle it in six months, and, if well managed, it will pass for Frontignac.

Or, boil eighteen pounds of loaf sugar with six gallons of water, skim it, remove it from the fire, and put into it a gallon of white elder-flowers; when cold, stir in the juice of four lemons, with four table-spoonsful of yeast, and leave it to ferment, stirring it daily; then put it into a cask upon five pounds of ehopped raisins, and bung it down; bottle in six months.

Cowslip Wine.

Prepare raisin extract, as directed for white elder wine or imitative Frontignac, adding the same quantity of sugar. To each gallon, add a gallon of picked cowslip-flowers, and put the whole to ferment; lastly, strain and cask it, and then manage as raisin wine. This wine should only be moderately fermented, and will be much improved by keeping in the wood.

Or, boil eighteen pounds of loaf sugar in six gallons of water, for half an hour, and skim it; when nearly cool, set it,

with a little yeast on toast, to ferment for thirty-six hours. Then pour the liquor upon six gallons of cowslip-flowers, the juice and peel of six lemons, and juice of one Seville orange; stir daily for a week, when strain into a cask, and add a quart of brandy.

Parsnep Wine.

For each gallon of water, allow three pounds of parsneps; wash, scrape, and slice them very thinly; boil them an hour and a half, and strain the liquor without bruising the parsneps; then measure the liquor, and make up any deficiency with boiling water; add three pounds of sugar, and one ounce of crude tartar, to each gallon; when nearly cold, add yeast, cask it, and keep it in a warm place; stir it daily until the fermentation subsides, which may be in ten days or a fortnight and then bung down; it may be racked and fined in three or six months, and bottled in six months more.

Improved Raisin Wine.

The best proportions of ingredients are three pounds of good raisins and one pound of loaf sugar to each gallon of water. Pick the raisins from the stalks, and chop them finely, as for mince-meat; then mix them in the fermenting tun with the sugar and cold water, and leave them to ferment; and, if an astringent flavour be preferred, pour boiling water upon the stalks, in another tub, macerate them for a quarter of an hour, and strain the liquor into the tun. If the fermentation be languid, cover the tun, and stir the scum daily into the liquor; but, if too rapid, take off the cover, and remove the scum as it rises. After it has fermented about three weeks, skim it, and put it into glass carboys of six or seven gallons each, (or into casks,) and let it remain there an entire Summer, or even six months, when it should be bottled. The bungs should not be tightly driven until the fermentation has entirely ceased. This wine will be strong and dark; but its colour will be lighter if the raisins be not left so long to macerate as above directed. The best raisins are the muscadel, in boxes, which may be bought cheap when they have remained unsold for about a year.

Or, if the raisins be mashed with hot water instead of being macerated in cold water, and the husks be not fermented, the wine will have an elder-flower or Frontignac flavour.

April and October are good seasons for making raisin wine; that made in the former month should be bottled in March following; and that made in October, should be bottled about the middle of the September following.

The above recipe is abridged from the *Transactions of the Society of Arts*, for the year 1829, and is from the experience of Mr. Arthur Aikin, Secretary to the Society.

Raisin Wine.

A good wine may be made as follows, at any season of the year:—for ten gallons, weigh fifty pounds of Malaga raisins, pick and chop them, and put them into a cooler; pour upon them six gallons of water, and let them stand a fortnight, stirring them well daily; then strain and press them, and set aside the liquor; add to the raisins four gallons of water, and let it stand for a week, with frequent stirring as before, then strain the liquor to that first made, and put both into a cask; and when the fermentation has ceased, bung it down closely.

Raisin wine may also be made with cider instead of water.

Orange Wine.

Dr. Kitchiner gives the following recipe for making nine gallons of excellent orange wine. Pare four dozen and a half of Seville oranges very thinly, and put the rinds into hot water for a few hours; then throw away the water, and put enough fresh water to cover the peels, as the first water is liable to be too bitter; in two or three days, strain off the liquor, and set it aside to flavour the wine. Then squeeze the above oranges with the same number of sweet oranges, cover the pulp with two or three gallons of hot water for twenty-four hours, and strain the whole through a thick cloth. Put into a tub twenty-seven pounds of loaf sugar, dissolve it in three or four gallons of hot water, taking care that the whole of the juice and water shall not exceed nine gallons. Put the whole into a cask, stir it well; when it has ceased to work, add one pint of brandy, and it will be fit to bottle in nine months.

Or, to every gallon of water allow three pounds of raisins; pick them, mash them, and strain the juice, as for raisin wine, to each gallon of which add the juice of six oranges, and three pounds and a half of loaf sugar; stir the whole occasionally till

the sugar is dissolved, and bung it down when the fermentation ceases. In two months, it may be racked and fined, and in three months more, bottled. If brandy be used, it should be added at the end of the first two months. Crude tartar may be added in the proportion of one ounce to each gallon.

Lemon Wine.

Allow four pounds of loaf sugar, and the juice of ten lemons, for every gallon of water ; pare the lemons very thin, and put half of the peel into a tub ; and, having boiled the sugar and water together, pour it hot upon the peel, and, when cold, add the juice : ferment it with yeast upon a toast, if necessary ; take out the peel, cask the liquor, and bung it down when the fermentation has entirely ceased.

Ginger Wine.

This wine is commonly made by boiling ginger in a weak syrup ; but, a very superior wine may be made by substituting an extract of malt for the syrup. To make seven gallons will require a bushel of malt, about ten pounds of sugar, and one pound of good Jamaica ginger. The malt is mashed as for brewing beer, and, the first extract being used for the ginger wine, the other mashings of the malt are made into table ale.

The ordinary method is to boil fifteen pounds of loaf sugar, with the whites of six eggs, in ten gallons of water ; skim it well, and then put into it twelve ounces of Jamaica ginger, sliced ; cover up, and boil the whole for half an hour. Meanwhile, pare thinly six lemons, squeeze them, and put the juice and peel into an open tub ; pour the boiling liquor upon them, and, when cool, mix in a glassful of fresh yeast, and cask it : dissolve an ounce of isinglass in a quart of the liquor made hot, whisk it well, and pour it warm into the cask ; next day, bung it down, and in three weeks bottle it.

Or, boil together sixteen pounds of moist sugar with the whites of six eggs, and six gallons of water ; skim it well, add eight ounces of whole ginger, sliced, and boil three-quarters of an hour longer ; then strain it into an open tub, and, when it has nearly cooled, add to it a tea-cupful of fresh yeast, and the juice and peel of six lemons. When it has fermented for three days, take out the peel, put it into a cask with one bottle of brandy, or two bottles of whiskey ; and when the fermentation has ceased, bung it down, but loosely

at first. In about two months, it may be fined and bottled; or, it may be allowed to stand in the cask nearly a year.

Ginger wine should be well corked; and the corks should be tied down. The colour may be improved by adding a table-spoonful of burnt sugar, first mixed with some of the liquor, when the cask is filled up.

Malt Wine.

To every gallon of sweet wort, about the strength of table beer, put a pound and a half of lump sugar; boil the liquor half an hour, and, when nearly cold, tun it into a barrel, adding to each gallon two pounds of malaga raisins, slightly chopped, two ounces of dissolved isinglass, and one spoonful of yeast. Stir the liquor every day for a fortnight or a month; keep the bung lightly in till the fermentation ceases, when, to every sixteen gallons of liquor, add one gallon of brandy; then bung up the cask, and in twelve months rack it off, or bottle it. Sometimes three ounces of hops are added to every thirty gallons of wort.

Mead.

To each gallon of water allow four pounds of honey, and boil it moderately till it is reduced one-third; then skim it, and put it into a cask, which must be quite full; let it settle, and in three or four days draw it off for use.

A brisk beer may be made by beating in warm water combs from which honey has been drained: the liquor being strained, fermented a few days in a cask, and then bottled

To ice Wine.

Break ice very small, and mix it with salt, with which surround the bottle of wine, or any other liquid to be iced. Soda water, ginger beer, and similar Summer beverages, are much improved by icing, as is also a decanter of spring water.

When ice cannot be obtained, either of the two following powders may be substituted for it, viz., equal parts of muriate of ammonia and nitre, powdered and mixed; or nitrate of ammonia, in powder.

In employing them to cool a bottle of Champagne, for instance, provide a vessel somewhat larger than, and as tall as, the bottle: fill it with the coldest pump water that can be procured, and place the bottle in it; sprinkle about four ounces of either of the above powders upon the shoulder of

the bottle, so as, gradually dissolving, it may fall or run down its sides; as the salt dissolves, the bottle should be gently turned in the mixture, and kept in it about twenty minutes or half an hour.

In cooling wine, it is a common mistake to apply ice to the bottom of the bottle only, as only the wine nearest the bottom is then cooled. Again, if ice be applied also to the top of the bottle, there will be two currents, upwards and downwards, and the wine will be as if shaken.

Malt Spirit.

To improve the flavour of malt spirits, put three-quarters of an ounce of finely-powdered charcoal, and four ounces of ground rice, into a quart of spirit, and let it stand for a fortnight, frequently shaking it: then strain the spirit, and it will be found nearly equal in flavour to brandy.

Fining for Wine.

Put an ounce of isinglass into a quart jug, with one pint of wine; stir it twice or thrice a day, and it will soon dissolve; when strain it through a sieve. A pint of this fining will be sufficient for a cask of twenty gallons.

When the fining is put into the cask, stir it up with a stick, taking care not to touch the bottom, so as to disturb the lees. Fill up the cask, if necessary, bung it down, and in a week the wine will be fit for bottling.

For white wine only, add and mix, as above, a quarter of a pint of milk to every gallon of wine. It may also be fined with the whites of eggs, beaten up with some wine, in the proportion of four whites to sixteen gallons of wine.

To sweeten Casks.

If a cask, after the contents are drunk out, be well stopped, and the lees be allowed to remain in it till it is again to be used, it will only be necessary to scald it; taking care, before you fill it, to see that the hoops are well driven. Should the air get into the cask, it will become musty, and scalding will not improve it: the surest way will be then to take out the head of the cask, to be shaved, then to burn it a little, and scald it for use. Or, put into the cask some quick lime and cold water, bung it down, shake it for some time, and then scald it: or, burn a *match* in it, and scald it.

Or, mix half a pint of the strongest sulphuric acid in an

open vessel, with a quart of water, put it into the cask, and roll it well about; next day, add one pound of chalk, bung it down, and in three or four days the cask should be washed out with boiling water.

To prepare a match, melt some brimstone, and dip into it a long narrow piece of coarse linen cloth, or brown paper; when to be used, set fire to the match, put it in at the bung-hole of the cask, fastening one end under the bung, and let it remain for a few hours.

A Filtering Bag

Will be useful in fining wines: it may be made of a yard of moderately-fine flannel, laid sloping, so as to have the bottom very narrow, and the top the full breadth; strongly sew up the side, and fold and sew the upper part of the bag about a broad wooden hoop, to be suspended by a cord fastened in three or four places.

To improve Home-made Wines.

When there is a tendency to acidity in wine, add to it sugar-candy in the proportion of a pound to every four gallons: dissolve it, and put it into the cask, incorporating it well.

Poor wines may be improved by the addition of bruised raisins. If one ounce of powdered roch-alum be put into a cask of four gallons of wine, it will make it fine and brisk in ten days. Ripe medlars, or bruised mustard-seed, tied in a bag, will remove mustiness or other disagreeable taste.

Pricked wines may be improved, if not recovered, by being racked off into a cask that has contained the same kind of wine. The cask should be first matched or sulphured; and, to every ten gallons of wine, put two ounces of oyster-shell powder, and half an ounce of bay-salt; stir it, and leave it a few days to fine; after which, rack it into another cask, also matched.

Burn dry walnuts over a charcoal fire, and when they are well lit, throw them into the wine, and bung up: in forty-eight hours they will correct the acidity. One walnut will suffice for every gallon of wine.

If bottled wine be *ropy*, shake it for twenty minutes, uncork it, and pour off the froth or scum, when the rest of the wine will be drinkable.

LIQUEURS, BEVERAGES, &c.

Egg Wine.

BEAT well a newly-laid egg, and mix with it a dessert-spoonful of water: set on the fire a glass of any white wine, half a glass of water, sweetened with loaf sugar, and grate in nutmeg or other spice; when it boils, stir it gradually with the egg, and serve with toast.

Mulled Wine.

Put into the wine, red or white, a small piece of cinnamon, boil it a few minutes, take out the spice, sweeten it with loaf sugar, and nutmeg, to taste. Sometimes water is added to the wine before it is warmed.

To improve Brandy.

Put five or six drops of the water of ammonia into each bottle of brandy, cork it, and shake it well, and, if the brandy be new, it will acquire all the qualities of that of the oldest date.

To improve British brandy, put about eight French plums into every pint of spirit; steep for ten days, when strain the spirit, and it will have much of the flavour of French brandy.

Cherry Brandy.

Pick and put into a wide-mouthed bottle six pounds of morella or fine black cherries, to which add two pounds of powdered loaf sugar, and one gallon of brandy.

Or, stone the cherries, and pour the brandy on them: break the stones and add the kernels; cork, and let them stand for a fortnight, when strain the brandy, and squeeze the cherries through muslin, and add two pounds of loaf sugar boiled to a clear syrup. It may be used in two months, and should be kept in a cool cellar.

Raspberry Brandy.

Squeeze fresh-gathered raspberries, and to each quart of their juice, add a pound and a quarter of loaf sugar; cork it for three days, when strain it, and to every quart of sweetened juice add two quarts of brandy.

Lemon Brandy.

Pare very thinly eight lemons, shred the peel, and put it into a bottle; add a pint of spirit of wine or brandy, and a dozen of blanched and bruised bitter almonds; cork the bottle, and set it aside six days. Then make a syrup of one pound of loaf sugar, and half a pint of water, pour it into the bottle, and let it stand ten days longer; filter it, and it will be fit for drinking, but will be improved by being kept.

Liqueurs and Cordials

Are made either by distillation or infusion; the latter being the method generally adopted for small quantities.

Spirit of wine is not only much cheaper, but better adapted than brandy, for making cordials; it being colourless, and having only a spirituous flavour, so that it better receives the flavour of any ingredient that may be put into it.

Liqueurs and cordials may be made with any essential oil, as clove, peppermint, aniseed, &c.; in which case, the oil should be first killed in a wedgwood mortar with loaf sugar, and a few drops of spirit, and the remaining spirit and syrup then be added.

Cinnamon Cordial.

Bruise one ounce of cinnamon, put it into a bottle, with a few pieces of dried orange and lemon peel, and proceed as in making lemon brandy.

Ginger Cordial.

Slice two ounces of the best whole ginger, and put it into a pipkin with two quarts of cold water; stir with a clean stick, and set the vessel into the oven of a kitchen range; when it begins to simmer, stir it, and when it has simmered six hours, take it out, and cover it up: next day put it into the oven again for six hours, stirring it occasionally; and when the liquor is reduced to one quart, let it cool, and strain it off. Next, dissolve in the liquor two pounds of loaf sugar, set it over the fire, and boil it; add to it, when cold, a quart of spirits of wine, stir together, and filter. A few bitter almonds may also be added with the spirit; and in six months, this cordial will be fit for drinking.

To make Kirschwasser.

Bruise small black cherries, quite ripe, in a mortar or tub; and to every gallon of bruised fruit, add a quart of water, and half a pint of common brandy; mix, and ferment a fortnight, squeeze out the liquid, and put the refuse under a press, to express the remainder, which is the best. Then carefully distil the whole.

Ratifa.

Boil equal weights of gooseberries and sugar into a thick jelly, to which add a little white wine; in a few days, press and filter the mixture, and add brandy and spices to taste.

Or, fill a large bottle lightly, with the fresh blossom of the whitethorn, upon which pour French brandy; let it stand two or three months, when it may be decanted, and sweetened with sugar or syrup.

Or, break apricot stones, dry the kernels in the air, powder them, and steep them in brandy, sweetened.

Ratifa of Grapes.

Infuse the sweetest grapes in a bottle of brandy for a fortnight; then pour out the grapes and brandy, and pass them through a coarse cloth; add to the liquor some cinnamon and peach kernels; and syrup, if requisite; let it stand for another fortnight, and then clear off.

Usquebaugh.

This liqueur may be taken with advantage for spasms or cramp in the stomach. It may be made as follows:—put into a three-quart bottle half a gallon of brandy, a quarter of a pound of stoned raisins, half an ounce each of cinnamon, cloves, nutmeg, canella bark, and cardamom seeds, bruised; a quarter of an ounce of saffron, the rind of a Seville orange, and half a pound of sugar-candy. Shake these daily for a fortnight, when the liqueur may be filtered for use.

Curacao.

Put into a gallon of white brandy, or spirit of wine, six ounces of dried Seville orange-peel, one ounce of orange-flowers, and one ounce of cinnamon; let them stand for a week, when strain the liquor; add five pounds of loaf sugar boiled to a thick syrup, and colour the whole with burnt sugar.

Put into spirit of wine the thin peel of Seville oranges, and let it infuse fifteen days. Then put into a bottle three quarters of a pint of brandy, four ounces of loaf sugar, and a quarter of a pint of water; when the sugar is dissolved, flavour the liquor with the infusion of orange-peel, and a little bruised cinnamon and mace; lastly, add one ounce of Brazil wood in powder, and infuse for ten days, shaking it two or three times a day; then, if it be not sweet enough, add syrup; if requisite, colour with burnt sugar, and strain it.

Rum or Brandy Shrub.

Weigh two pounds of loaf sugar, and rub it upon four oranges and four lemons till the whole of the yellow rind is off; then dissolve the sugar in a gallon of rum or brandy, and add one pint of orange juice, one pint of lemon juice, and two quarts of water that has boiled and cooled.

Four Fruit Liqueur.

Pick in dry weather, as they ripen, scarlet strawberries, raspberries, currants, and cherries, if Morella the better; squeeze the juice from them separately, sweeten it richly with white sugar-candy, and strain it; mix the four juices, and to each pint add a gill of brandy, and bottle. A wine-glass of this liqueur in half a pint of spring water, will make a fine Summer beverage.

To make Noyeau.

Blanch half a pound of bitter almonds, and shred the thin peel of a fine lemon; bruise both in a mortar, and put them into a gallon stone bottle, with a quart of spirit of wine and a quart of water: cork the bottle and shake it once a-day for a week; then make a syrup of two pounds of strong lump sugar to a quart of water, and put it, when cold, into the stone bottle, which shake once a-day for a week, as before; then filter the liquor through blotting-paper in a funnel; bottle and cork it closely, and in two months the noyEAU will be fit to drink; but it will be improved by longer keeping.

To make Punch.

To make two quarts, provide two fine fresh lemons, and upon a few lumps of sugar rub or grate off the outer peel; put the sugar into a bowl, and add half a pound of white

sugar, in powder, upon which press the juice of the lemons; mix the whole with a crusher, add the thin rind of another lemon, and two pints and a half of very hot water that has *not boiled*. The sherbet being thus prepared, add a pint of rum, and half a pint of brandy, stir together; pass it through a silver strainer, or one of wood and muslin, and let it stand a few minutes before it is drunk. Whisky punch may also be made as above.

In making punch, there are a few points to be specially attended to. The water should not be at boiling heat when it is mixed, nor should it before have been boiled, else the punch will not have the creamy head so much relished: the *powdered* sugar will likewise aid this effect. Punch should be well mixed, which may be done by stirring in each ingredient as it is added: or, a good plan is to pour the punch from one jug to another, so that it be not too much cooled in the pouring.

Punch, when made with green tea instead of water, is excellent; or, if it be mixed in a large tea-pot instead of a bowl, upon green tea leaves.

Arrack will much improve punch: its flavour may be imitated by dissolving a scruple of the flower of benjamin in each pint of rum. The juice and thin peel of a Seville orange add variety of flavour to punch; especially of whisky punch; lime-juice is also an excellent addition. On no account, however, should citric acid be substituted for the fresh juice of the lemon, since it lacks the delicate flavour and perfume of the fresh fruit.

Several additions may be made to *soften* the flavour of punch: as a wine-glass of porter, or of sherry; a table-spoonful of red currant jelly; a piece of fresh butter; or the substitution of capillaire for sugar.

Glasgow Punch.

Dissolve the sugar in a little cold water, squeeze the lemons through a strainer, and pour in more water; this liquor is the sherbet, and being approved, add rum in about the proportion of one to seven; then cut a few limes, and squeeze in enough of their more delicate acid to flavour the whole.

Milk Punch.

Grate six oranges and six lemons with loaf sugar; pare

them very thinly, and steep the peel for a day in a bottle of rum or brandy; squeeze the oranges and lemons upon two pounds of loaf sugar, including that with the peel flavour, and pour on it four quarts of water and one of new milk, both boiling; strain the rum or brandy from the peels into the above, and run it through a jelly-bag till clear, when bottle and cork it.

Norfolk Punch.

Pare thinly six lemons and three Seville oranges; squeeze their juice into a pan, and add two quarts of brandy, one quart of white wine, with the same of milk, and one pound and a half of loaf sugar; mix, cover, and set aside for a day, when clarify through a jelly-bag, and bottle for use.

Summer Gin Punch.

Pour half a pint of gin on the outer peel of a lemon, add a little lemon-juice, loaf sugar, about a pint of water and two bottles of iced soda-water. A glass of maraschino will be an excellent, though expensive, improvement.

Good Negus.

Use good wine, and not, as some persons do, any inferior kind, in any condition. Pour boiling water upon a sufficient quantity of sugar, stir it well, and pour into the water some good port, which has been heated in a saucepan; stir as you pour in the wine, and add grated nutmeg. A slice of lemon put in with the sugar, and a little of the outer rind grated on it, make the negus perfect.

Excellent Lemonade.

Pare ten lemons very thinly, add to the peels one pound of loaf sugar, and two quarts of boiling spring water; stir it, and set it aside for a day, when squeeze in the juice of the ten lemons, and add one pint of white wine, and the same of new milk, boiling; when cold, run it through a jelly-bag for immediate use.

Or, grate upon a fine lemon five ounces of loaf sugar, dissolve it in a quart of spring water, and add the juice of three lemons

Italian Lemonade.

To make a gallon, pare thinly two dozen lemons, squeeze

their juice on the peels, and set them aside for twelve hours; then add two pounds of loaf sugar, on a quart of white wine, and three quarts of boiling water, with subsequently, a quart of boiling milk; pass the whole through a jelly-bag. This is a superior beverage for evening parties.

Orangeade.

Pare thinly six sweet and two Seville oranges, and steep the rinds for six hours in a quart of boiling water; make a syrup of one pound of loaf sugar and three pints of water, and add it to the above, with the juice of twelve sweet and two Seville oranges; stir the whole together and pass through a jelly-bag; if not sweet enough, add capillaire; or if flat, add the juice of two lemons.

Orange Water.

Mix with a quart of spring water the juice of six sweet oranges and that of two lemons; sweeten with capillaire, or syrup. This water, iced, is a delicious evening drink.

Capillaire.

The genuine capillaire is made with a fern-like foreign plant, which has pectoral and astringent properties. Infuse one ounce of it in a little boiling water; add one pound of loaf sugar, clarify it with the white of an egg, and boil it to a thick syrup; strain it, and when cold, flavour it with orange-flower water.

The capillaire sold by confectioners is made as follows:—put fourteen pounds of loaf sugar and two quarts of water into a preserving-pan; simmer them over the fire, and when just warm, stir in the well-beaten whites of four eggs, which will rise in scum, and should be removed; when clear, flavour the syrup with orange-flower water, and bottle when cold.

Orgeat.

Blanch one pound of sweet and one ounce of bitter almonds, and pound them in a marble mortar, with water enough to prevent oiling; then mix with them one pint of spring water and a quarter of a pint of rose or orange-flower water; rub through a lawn sieve, and to the liquor add two pounds of loaf sugar; boil together, and skim, and when cold, bottle

it. For use, shake the bottle, and pour a table-spoonful into a tumbler of cold water.

To make orgeat for immediate use, pound the almonds, and mix them in one quart of water, one quart of milk, and a pint of capillaire; strain through a sieve, and decant the orgeat.

Syrup of Currants.

Pick ripe currants, and put them into a stewpan over the fire, so that they get hot and burst; press them through a sieve, and set the liquor in a cool cellar, for thirty-six hours; then strain it through cloths, sweeten with loaf sugar, and bottle for use. The juice of cherries and raspberries may be prepared as above.

This syrup, mixed with spring water, makes a refreshing Summer drink.

Spruce Beer.

For *white* spruce, pour ten gallons of boiling water upon six pounds of good raw or lump sugar, and four ounces of essence of spruce; ferment with half a pint of good yeast, put into stone bottles, cork and tie them over. For *brown* spruce use treacle instead of sugar.

Essence of spruce is a remedy for colds, rheumatisms, &c., if drunk warm at bed-time.

Soda Water

Rarely contains any soda; it being merely common water charged with fixed air; it is often drunk to neutralize acid in the stomach, in which case fifteen or twenty grains of carbonate of soda, finely powdered, should be put into a large glass, and the contents of a bottle of soda water poured on it.

Seltzer and Seidlitz Waters.

When fresh, Seltzer water has a brisk, slightly acid taste, and makes a refreshing drink with Rhenish wine and loaf sugar; in this state, it is, probably, the most wholesome beverage in warm weather. For acidity of the stomach, and heartburn, Seidlitz water is much recommended; and the powders for making a correct imitation of it, will be found a very useful family medicine.

Ginger Beer.

To each gallon of spring water, allow the outer peel of a

lemon, with the pulp in slices, one ounce of good bruised ginger tied in muslin, one pound of coarse loaf sugar, and half an ounce of cream of tartar; boil together for half an hour, next strain it into an open tub, and when nearly cold, set it with a little good yeast; when fermented, put it into stone or glass soda water bottles, cork and tie them down; keep them in a cool place, and in a few days, the ginger beer will be fit for drinking; though it may be kept for some time.

Or, ginger beer may be made by pouring boiling water upon the ginger, and sugar, lemon, &c., in which case it will keep but a few days.

Ginger beer is the most refreshing of all Summer drinks; as ginger occasions a high, close, creamy head upon all effervescing liquor.

Cooling Draught.

Put half a tea-spoonful of carbonate of soda into a glass two-thirds full of spring water; add a tea-spoonful of powdered loaf sugar, and mix; then squeeze in the juice of half a lemon, stir, and drink during the effervescence.

Imperial Drink.

Take of cream of tartar, half an ounce; white sugar, four ounces; fresh lemon peel, half an ounce; boiling water, three pints; mix and strain.

Ginger Beer Powders.

Mix in a mortar four drams of carbonate of soda, half a dram of Jamaica ginger, powdered, and one ounce and a half of powdered sugar; divide the above into twelve equal parcels, and wrap in blue paper. Then pound finely four drams of citric or tartaric acid, and divide it also into twelve parcels in white paper. Of these powders may be made one dozen glasses of ginger beer, the cost of which will not exceed sixpence; but the prepared powders are sold in boxes by chemists at eighteen-pence and upwards per dozen.

To use the above, half fill two tumblers with spring water; in one dissolve the ginger powder, and in the other the acid; then pour them together, and drink while in effervescence.

Soda Water Powders.

Divide six drams of powdered carbonate of soda into twelve

parts in blue papers; and four drams of powdered citric or tartaric acid, into twelve parts in white papers; mix in two glasses, as directed for ginger beer powders.

Seidlitz Powders.

These form a cooling and effervescent aperient, and correct acidity of stomach. To make half a dozen powders, mix twelve drams of powdered Epsom salts with twelve scruples of carbonate of soda powdered, and divide into six parts, in blue papers. Divide also into six parts, in white papers, four drams of tartaric acid in fine powder. Mix in two glasses, as directed for ginger beer powders.

A more economical plan than any yet recommended, is to purchase large quantities of the articles forming the ginger beer, soda water, or Seidlitz powders, and keep them in wide-mouthed bottles, with stoppers, and labelled. By noticing a *weighed* powder, you may soon become familiar with the quantity. Besides, one bottle of carbonate of soda, and another of citric or tartaric acid will serve in the several powders.

Portable Lemonade.

Mix half an ounce of citric or tartaric acid in fine powder, with three ounces of powdered loaf sugar, and drop in half a dram of essence of lemon; divide into twelve parts, one of which thrown into cold spring water, will make a tumbler of lemonade. The addition of a little carbonate of soda will cause the lemonade to effervesce.

Making Tea.

Tea made in silver, or polished metal tea-pots, is stronger than that made in black or other earthenware pots, as the water cools sooner in the latter than in the metal: but, the metal tea-pot, when filled a second time, produces weaker tea than the earthenware vessel. This is explained by the water keeping hotter in the metal tea-pot, and thus extracting all the strength of the tea; whereas, the water in the earthenware cooling sooner, does not extract all the strength at once, but leaves some for a second infusion.

The reason for pouring hot water at first into a tea-pot, is, that the vessel shall become warm, and thus not cool the boiling water when it is poured on the tea.

If tea be added after the first infusion, much of its strength will be lost; for, the water already in the tea-pot having cooled, also cools the boiling water added.

Put a piece of lump sugar, the size of a walnut, into the tea-pot, and the tea will infuse in half the time.

Half a tea-spoonful of carbonate of soda put into a large pot, will soften the water, and hasten the infusion. Should the water be hard, it will increase the strength of the tea by half.

It is recommended, previous to using a tea or coffee-pot, to put in a quantity of tea-leaves, upon which should be poured some boiling water, letting the lid remain open till the water becomes cold.

To roast Coffee.

The best coffee is from Mocha; but this can very rarely be procured. Coffee imported in small parcels is better flavoured than that in bulk, from the circumstance that the latter is apt to become heated. To have coffee in the greatest perfection, it should be roasted, ground, and made, in immediate succession. As that will seldom happen, the rule should be observed as nearly as circumstances will allow. Whilst kept, after roasting, the air should be excluded from it, as in a closed bottle or jar. A good mode of roasting is in an earthen basin, placed in an oven with the door open, the coffee to be frequently stirred with a spoon. This mode is said to allow certain coarse particles to fly off, and to render the flavour more delicate than when the coffee is roasted in the usual close cylinder.

To make Coffee.

Grind fresh-roasted coffee, in the proportion of a quarter of a pound for three persons; mix it in a basin with an egg,—yolk, white, and shell; put it into the coffee-pot, pour on it warm not boiling water, let it boil up and break three times; set it aside for a few minutes, and it will be clear and richly flavoured.

Or, for six cups of coffee, measure seven cups of water into a coffee-pot, and boil; add a little isinglass, and six table-spoonful of ground coffee; set it on the fire, and let it boil up twice or thrice, stirring it constantly with a spoon; take it off, pour in a cup of cold water, and leave it to clear half an hour; after which it may be poured off clear, and rewarmed,

if requisite. Nothing spoils the flavour of coffee more than re-warming it with its grounds.

French method of making Coffee.

The principal points are these:—The coffee, Turkey or Bourbon, should be roasted only till it is of a cinnamon colour. The coffee should be coarsely ground soon after it is roasted, but not until quite cool. The proportions for making coffee are usually one pint of boiling water to two ounces and a half of coffee. The coffee being put into the water, the coffee-pot should be covered up, and left for two hours surrounded with hot cinders, so as to keep up the temperature, without making the liquor boil. Occasionally stir it, and after two hours' infusion, remove it from the fire, allow it a quarter of an hour to settle, and when perfectly clear, decant it. Isinglass, or hartshorn shavings, are sometimes used to clarify coffee; but by this addition you lose some portion of its delicious aroma.

Coffee in the Biggin.

The filtering biggin is too well known to need description. In using it, put one cup of dry ground for every two of liquid coffee; pour the boiling water into the biggin on the coffee, wetting it equally: when it has passed through, place the bottom of the biggin in boiling water, which will keep the coffee hot. When there are many persons to serve, the biggin should be filled several times, adding fresh coffee each time.

The most perfect method of making coffee in the biggin is with the Steam-fountain Pot, by which only the agreeable properties of the coffee are extracted.

Succory in Coffee.

As succory is much cheaper than coffee, it is often used to adulterate the latter: to detect it, fill an alc-glass with water, and throw into it a pinch of ground coffee; if the water remain clear, and be not at all discoloured, the coffee is pure; but, if it be tinged with red, and red particles fall to the bottom, the coffee is certainly adulterated with succory.

Sugar for Coffee.

It is very erroneous, and most expensive, to sweeten coffee with moist or raw sugar: many persons imagine that the moist

sugar tends most to sweeten ; but, experiment will prove that half the weight of *refined* or loaf sugar will add most sweetness, and the flavour of the coffee will be much more pure and delicate than if it be sweetened with moist sugar.

To make Chocolate.

Set on the fire half milk and half water ; when it boils, take it off, and, having scraped the chocolate, from one to two squares to the pint, mix it well, and serve it with the froth. Chocolate should only be made the moment before it is wanted, because, heating it again injures the flavour, destroys the froth, and separates the body of the chocolate ; the oil of the nut will also rise to the top after a few minutes boiling, or even standing long by the fire ; and this oil is offensive to delicate stomachs.

Fine Chocolate.

Take a pound of best cocoa-nuts, roasted, put them in a dish before the fire, and remove the husks from the kernels. Put the latter into a clean frying-pan, set it on the fire, taking care to stir the kernels ; when they begin to slice, beat them to a paste in a bell-metal mortar, made hot ; then remove the paste to a marble slab made hot, and work it with a warm iron roller, until it becomes smooth as butter, when it should be pressed into tin moulds, or made into sticks, and set by in a cool place. To make this into sweet chocolate, add a pound of sifted loaf sugar to the paste, and finish as above ; and, if to be *à la vanille*, mix a small quantity of powdered vanilla with the sugar.

Fine Broma.

Powder half a pound of pure chocolate, made as above, and mix it with twelve ounces of loaf sugar and two ounces of arrow-root, and pass the whole through a fine sieve.

Cocoa.

Cocoa-nuts, or *nibs*, may be easily made into a light, wholesome, and delicious beverage, by merely bruising them, and boiling a portion in water, milk, or milk and water, to be sweetened to taste.

MISCELLANEOUS RECIPES.

. DYEING, WASHING, AND SCOURING.

OCCASIONALLY, when coloured articles of silk, wool, or cotton, have been cleaned, their colour requires to be made deeper; at other times, it may be desirable to change the colour altogether, when that already in the stuff must be discharged, and the article dyed anew.

Articles of any colour, whether blue, yellow, red, or brown, may be dyed black, and black may easily be re-dyed. Blues can be made green or black; green may be made brown, and brown green; and any colour on re-dyeing will take a darker tint than at first. A black may be dyed maroon, claret, or a dark brown; but green is the best colour into which black can be changed.

Most colours may be discharged by boiling the articles in water, with a small quantity of spirit of salts in it. Yellows, browns, and blues, are not easily discharged; maroons, reds of some kinds, and olives, may be easily discharged, by boiling them in water, with a small quantity of the following articles:—roche-alum, for maroons; oil of vitriol, a very small quantity, for olives and grays; alum, pearl-ash, or soap, will discharge green to a yellow, which may be boiled off with soap.

Various Dyes.—The following are the articles employed for the colours most in use, the proportions depending upon the depth or shade required:—

Lilac and Purple.—Boil archil in water. Or, boil logwood in water, and, when cold, dip the article to be dyed into it, having previously passed it through a weak solution of alum in water. From logwood, also, may be obtained different shades of *violet*.

Effective *Lilac* dyes may be produced from the berries of the Portuguese laurel; and from the black currant, after the juice has been expressed.

Red is obtained from madder, and Brazil wood; the article being first dipped in weak alum and water, then in the dye, and lastly in a decoction of archil and water, to give it a bloom.

Rose, Flesh-colour, Poppy, and Cherry-red, are obtained from a decoction of carthamus in water, with a little soda, and lemon-juice. For a poppy-colour, the article should first be dipped in a weak solution of annatto in water; and for a pale carnation, a little soap should be added to the carthamus.

Pink bloom.—Archil is employed to give a bloom to pinks, white, &c., as for silk stockings; for which purpose, also, pink saucers are used.

Scarlet is obtained from cochineal; but, for cotton and wool, the colour derived from it is little superior to that given by madder.

Nankeen is obtained from Spanish arnatto dissolved in hot water, with a small portion of pearlash in it.

Blue is prepared from indigo; but, as this dye is not easily made, it will be better to purchase a bottle of "Blue Dye."

Yellow may be obtained from the juice of the tops of potato-flowers, fustic chips, weld or dyers' weed, turmeric, and Dutch pink.

Green consists of blue and yellow dyes mixed.

Orange is extracted from earthamus. *Cinnamon* from logwood, Brazil wood, and fustic, mixed; or from a strong decoction made from the green tops and flowers of the common heath.

Black is formed by logwood and green copperas boiled in water; the colour being improved by first boiling the article with galls, or alder-bark, in water; or by first dyeing it with walnut-peels.

Gray is produced by diluting black dye.

Brown is obtained from walnut-peels, or the bark of birch.

Olives are made from blue, red, and brown.

The pericarp of the Scotch rose contains a fine purple juice, which, diluted with water, dyes silk and muslin *peach-colour*; the addition of alum will make it a deep *violet* dye.

In all cases, except otherwise specified, the article to be dyed should be first steeped in a weak solution of alum in water.

To dye the Linings of Curtains, Furniture-covers, &c.—Wash the articles cleanly, and, having prepared the dye according to either of the previous recipes, dip them, rinse them in pump water, then in water-starch; dry them quickly, and mangle or calender them.

Sewing on glazed Calico.—By passing a cake of white soap a few times over a piece of glazed calico, or any other stiffened material, the needle will penetrate as easily as through any other kind of work.

To clean Moreen Curtains.—Having removed the dust and clinging dirt as much as possible with a brush, lay the curtain on a large table, sprinkle on it a little bran, and rub it round with a piece of clean flannel; when the bran and flannel become soiled, use fresh, and continue rubbing till the moreen looks bright, which it will do in a short time.

Black Reviver.—Upon two ounces of powdered logwood, and half an ounce of green copperas, pour three pints of boiling water: let it stand till cold, when strain for use, by sponging the faded stuff with it.

To revive black cloth, boil it with logwood in water for half an hour, the cloth having been previously cleaned, dipped in warm water, and squeezed dry; next, take out the cloth, add a small piece of green copperas, and boil it another half-hour; then hang it in the air an hour or two, rinse it twice or thrice in cold water, dry it, and finish it with a soft brush, over which two or three drops of olive oil have been rubbed.

To dip rusty Black Silk.—Boil logwood and water half an hour, in which simmer the silk for the same time; then take it out, and put into the dye a little blue vitriol, or green copperas; cool it, and simmer the silk in it for half an hour.

Or, boil a handful of fig-leaves in two quarts of water until it be reduced to one pint; squeeze the leaves, and bottle the liquor for use.

To dye Silk Stockings.—Wash and *boil* the stockings, if requisite, in soap and water, and rinse them in hot water. Meanwhile, put three table-spoonsful of archil into a wash-hand basin of hot water, in which soak the stockings until they become of the half-violet or lilac shade, when take them out, and lightly rinse them in cold water. Dry them in fumes of brimstone, and, when they are bleached to the required flesh-colour, rub the right side with clean flannel or glass, and calender them. If the pink saucer-colour be used instead of archil, the stockings will not require bleaching with brimstone.

For black stockings—having dyed them, finish them on wooden legs by rubbing them with flannel moistened with olive oil; each pair requiring to be rubbed half an hour.

To dye Straw and Chip Bonnets black.—Make a strong decoction of logwood in water, and boil the bonnets in it for three hours, occasionally adding green copperas: let the bonnets remain in the dye for twelve hours longer; then take them out, dry them in the air, and brush them softly: lastly, rub them with a sponge moistened with oil, and send them to be blocked.

To clean Hats.—If a hat be wet, shake it well, and smooth the nap with a soft brush or a silk handkerchief; then gently beat the nap with a cane, and hang up the hat to dry: when dry, brush it several times in the proper direction, and, if requisite, pass a moderately-heated iron two or three times gently over the nap.

To scour a Hat.—Rub yellow soap on a hard brush, dip it into boiling water, and brush the hat round with the nap: if the nap be clotted, continue to brush it till it is smooth, and free from soap; then, if requisite, scrape out the dirt, by passing round the hat an edged piece of wood, or the back of a knife; next, beat the nap with a cane, hang the hat to dry, and finish with a brush and iron, as in the last recipe.

General Washing.—Counterpanes, blankets, bed-hangings, &c., should be washed in Summer, as they will then dry quickly, and be of good colour.

By putting linen and cotton stockings to soak the night before “a wash,” much soap and labour will be saved.

If clothes remain long dirty, they will not only require more soap and labour, but be much injured in washing.

Flannels should be washed in soft water, soap, and much blue: wring them as dry as possible, shake them, and hang them out; but do not rinse them after the lather.

In mixing *starch*, put a lump of sugar into it, to prevent it sticking to the iron.

Composition for Washing in Sea-water.—Mix a strong solution of potash with an equal weight of pipe-clay, and work them to a paste, one pound of which will soften four gallons of sea-water.

To wash Stockings and Gloves.—Fine thread stockings and gloves should be well soaped, put into a lather of cold water, and boiled: they should then be put into a fresh cold lather, and be boiled again; when, on taking them out, they will require little more than rinsing. If washed silk stockings be mangled, they are liable to have a watered appearance, which will not be the case, if, instead of being mangled, the stockings are stretched on a board, and rubbed on the right side, with clean flannel, till dry.

To wash Chintz.—Boil two pounds of rice till soft in two gallons of water, and wash in it, using the rice as soap; prepare another quantity, but strain the rice from it, and use it with warm water, keeping the rice-water strained off for a third washing, to stiffen and freshen the colours of the chintz.

To remove Spots or Stains from Linen.—The stains of port wine may be discharged by rubbing them with sherry, or by the use of Bleaching Liquid, which will also remove mildew. Grease-spots should be rubbed with strong pearlash and water. Spots of wax or oil paint should be rubbed with turpentine, and washed with soap and water: or, wax, if moistened repeatedly with spirits of wine, may be brushed off. Or, dissolve six ounces of alum in half a pint of water, warm it, wash the stained part with it, and leave it to dry.

Or, in a quart of warm water, dissolve a little white soap, and one ounce of pearlash; to which add two spoonsful of ox-gall, and a little essence of lavender or bergamot: mix the whole, strain it, and keep it in a bottle. In using it, put a small quantity on the spot, brush, and wash it with warm water, so as entirely to remove the liquor applied, which might injure the cloth if allowed to remain.

Prepared Ox-gall for taking out Spots.—Boil together one pint of ox-gall and two ounces of powdered alum; to which add two ounces of common salt; let the liquor settle, add a few drops of essence of lemon, pour it off into a bottle, and cork tightly.

To remove Grease-spots.—Rub some of the yolk of an egg upon the spot, place over it a piece of white linen, and wet it with boiling water; rub the linen with the hand, each time applying fresh boiling water; then remove the linen, and wash the part with clean cold water.

To take Wax out of Cloth.—Hold a red-hot iron steadily within about an inch of the cloth, and in a few minutes the wax will evaporate; then rub the cloth with whitish paper, to remove any mark that may remain.

To clean Silks.—If of any other colour than black, wash them in a hot lather of soft soap and water, and rinse them in plain warm water, to which a small quantity of dye may be added, according to the colour: a few drops of vitriol added to the water will freshen

crimson, scarlet, maroon, or bright yellow; lemon-juice for pink, rose, or carnation; pearlash for blue and purple; and for olive-green, a pinch of verdigris; but acid must not be used for fawn, brown, or orange. Then squeeze the liquid from the silk, roll it in a coarse sheet, and wring it: spread it out, and rub it on the wrong side with gun-water, with a little pearlash in it; dry it in a warm room, and finish with calendering or mangling it.

Black silk should be sponged with hot ox-gall on both sides, then rinsed, and dried smooth on a board. Or, spread black or plain silks upon a board, soap the dirty place, and brush the silk on both sides with a fine soap lather; put it into hot water, rinse it through cold water, and, having squeezed and dried it, smooth it on the right side with an iron, moderately heated.

To clean Silk with Potatoes.—Wash raw potatoes, and grate them to a pulp over water; pass the liquid through a coarse sieve into another tub of clear water; let the mixture stand until the fine white particles, or starch, settles, when pour off the liquor for use. Lay the article to be cleaned over a linen cloth upon a table, and, with a sponge dipped in the potato-liquor, wet and rub the silk, repeating it until the dirt is loosened; then wash the silk repeatedly in clean water, and dry and smoothen it. Two middle-sized potatoes are sufficient for a pint of water. The coarse pulp which does not pass through the sieve is of great use in cleaning worsted, or woollen curtains, carpets, or other coarse goods. With the liquor may be cleaned the finer kinds of silk, cotton, or woollen goods. It is also useful in cleaning oil paintings, or soiled furniture. Painted wainscot may likewise be cleaned by wetting a sponge in the liquid, and rubbing it with a little fine sand.

To scour Flannels.—Slice half a pound of yellow soap, and dissolve it in boiling water, so as to make it of the thickness of oil; cover the flannels with warm water, add a lump of pearlash, and about one-third of the soap-solution; beat them till no head rises on the water; then pour it off, and proceed as before with hotter water, without pearlash.

To keep the colour of flannels, and prevent their shrinking, scald them and let them soak till cold, the first time of washing.

To clean a Cotton Counterpane.—Slice a pound of mottled soap, dissolve it in a pailful of boiling water, and add a small lump of pearlash; next put the counterpane into warm water, with a bowl of the soap-solution, beat it and turn it, wash it in a second liquor, and rinse it in cold water; then put three tea-spoonsful of liquid blue into a thin liquor, stir together, and put in the counterpane; beat it a few minutes, and dry it in the air.

To restore White Lace.—Tack the lace lightly in a thin cloth dipped in cold water, and soak it in strong lather for a day; then put into a saucepan half an ounce of white wax, six lumps of sugar, two tea-spoonsful of liquid starch, with a quart of soft water in which

boil the lace for ten minutes; then throw it into cold water, and iron it when nearly dry.

For lace, the ashes of furze are used with half the customary quantity of soap, to make a lather. Lawns are washed as other linen, but are passed through gum-water instead of starch, and ironed on the wrong side.

To clean Silk Stockings.—Wash them in two soap-liquors lukewarm, and in a third liquor boiling, with stone blue in it; dry them till they are merely damp, and hang them in the fumes of brimstone; then put upon the tree or leg two stockings, with the fronts or outsides face to face, and polish them with a glass or smooth bottle.

To clean Cashmere stuff.—If common soap be employed, these valuable fabrics will be creased and spoiled, and they will be less pliant and velvety than before. The proper method is to use a soapy root common in Russia and the East, in the Greek islands, and in Italy. Its original name is *ishkar*, and it affords an ash-coloured powder, which, mixed with water into a paste, will free the stuff from any greasy stains, and leave them the yellow tint so much prized.

Scouring Drops.—Mix with one ounce of pyroligneous ether, three drams of essence of lemon. These will remove oil or grease from woollen cloth, silk, &c., by rubbing the spot with a piece of the same article, moistened with the drops.

To remove Spots from Cloth.—Put a pint of warm water into a pan, and add a small quantity of white soap, and half an ounce of kali; when this is dissolved, add a table-spoonful of ox-gall, and a little essence of lavender; stir together, strain through linen, and keep in a bottle. In using it, a small quantity is to be placed with care upon the spot, which is to be rubbed with a small brush, and then washed with warm water, so as to remove all vestiges of the liquor applied, which might injure the cloth if allowed to remain.

Stains from Mourning.—To remove stains from black bombazine, crape, or cloth, rub them with a sponge dipped in fig-leaf liquor, to be made as directed at page 399.

To bleach Linen.—Mix common bleaching powder, in the proportion of one pound to a gallon of water; stir it occasionally for three days, allow it to settle, and pour it off clear. Then make a ley of one pound of soda to a gallon of boiling soft water; in which soak the linen for twelve hours, and boil it half an hour; next, soak it in the bleaching liquor, made as above; and lastly, wash it in the usual manner.

Discoloured linen or muslin may be restored, by putting a portion of bleaching liquor into the tub wherein the articles are soaking.

As soon as a stain is made on table-linen, &c. rub on it common table salt before it has time to dry; the salt will then keep it damp till the cloth is washed, when the stain will disappear; or, the stain may be lightly washed after the cloth is removed from the table.

Use of Potatoes in Bleaching.—This method of bleaching consists in substituting for soap, an equal quantity of potatoes three-parts boiled. The linen is first boiled for nearly an hour; it is next put into a tub of boiling water, from which each piece is taken separately, and rubbed with the potatoes, as with soap. The linen is then boiled with the potatoes for half an hour, next taken out, rubbed, and rinsed two or three times in cold soft water, wrung, and hung up to dry. Kitchen linen, which has mostly the smell of tallow, loses it after having been bleached by this process.

Marking Ink.—Dissolve one dram of lunar caustic in a small mortar, with two drams of water, which will form the *ink*; dissolve one dram of salt of tartar, in one ounce and a half of water, to form the *liquid pounce*: moisten the linen with the pounce, and dry it; then write upon it with the ink, and dry it.

Salt of Lemons.—Mix one ounce of salt of sorrel in very fine powder, with an equal quantity of cream of tartar; this is the *salt* sold in the shops; but, as it is only recommended for removing iron-moulds or ink-spots, it will be better to use only the salt of sorrel.

Preservation of Clothes from Moths.—All that is requisite is to take the clothes occasionally out of the drawers, and brush and air them. Camphor, pepper, cedar-shavings, Russia-leather, &c., used by some housewives to keep moths from clothes, are not serviceable, as they are thought to be.

Blaukets are best secured from moths by placing them under the feather-beds in use; when requisite, they should be washed, not scoured; as should cotton counterpanes.

To clean Feathers of their Oil.—In each gallon of clean water mix a pound of quick-lime, and when the undissolved lime settles in fine powder, pour off the lime-water for use. Having put the feathers to be cleaned into a tub, pour the clear lime-water upon them, and stir them well about; let them remain three or four days in the lime-water, which should then be separated from them by laying them in a sieve. The feathers should next be washed in clean water, and dried upon fine nets; they will then only require beating, to get rid of the dust, previous to use.

To restore the spring of damaged feathers, it is only necessary to dip them in warm water for a short time.

To clean Plate.—The first point is to cleanse the articles from grease, by washing them separately in hot water; if they be very dirty and stained, it may even be requisite to boil the articles for a short time. Having washed and rinsed them, wipe them dry, and polish them with any plate powder, wash-leather, and the hand.

The usual plate powders are dried and finely sifted whitening, prepared hartshorn, or prepared chalk, and tutty powder. Whitening, however, gives silver a pewtery polish. Rouge is much used

by silversmiths: it often consists merely of prepared hartshorn, coloured with rose pink, and sold at an exorbitant price. Quick-silver is often mixed with the above powders, but is not recommended: it gives a high lustre to plate, which very soon disappears, and leaves an unsightly tarnish; and quicksilver when thus used has been known to render the silver article cleaned with it so brittle, as to cause it to break when let fall.

Another method is to mix some powder with a little spirit of wine to the thickness of cream, which rub on the plate with a sponge, to remove the tarnish; and rub it off when dry, with wash-leather.

Or, set on the fire a saucepan with two ounces of prepared chalk, two quarts of water, and the articles of plate washed clean; boil them a little, when take them out, drain, and dry them; then put into the water clean soft linen rags, and boil them a few minutes, when take them out, and hang them up to dry; with these rags polish the plate, and finish with a clean dry leather.

In cleaning plate, as in finishing steel articles, the hand produces the finest polish; next to it is dry wash-leather. Brushes are used for small ornamental work, and should be of different hardness; those for plain work being soft, and others, for chased or frosted work, as edges, crests, &c., should be harder, so as to prevent any of the dry powder remaining in the work.

Plate is often *cleaned* well but badly polished, so as to be covered with fine scratches. This should be prevented, as it is very difficult to restore the polish after the surface has become so scratched.

Salt is injurious to silver, and covers it with blackish spots, which it is difficult to remove; on which account the spoons should be taken out of salt when removed from table, and the salt from the cellars, unless they be lined with glass. Egg-spoons will likewise be much discoloured by the sulphur in eggs, unless they be washed and cleaned almost immediately after being used.

Plated articles are more difficult to keep clean than those which are of silver. In no case, whether plated on copper or steel, should they be left long damp or dirty, the coating of silver on them being so thin as not to prevent the articles speedily becoming cankered or rusted.

To preserve the polish of plate and plated articles, when not in use, it is important to keep them from the air, by wrapping them in soft paper; for larger silver articles, cases, or coverings of leather or other soft material, are often used.

To prepare Salt.—Set a lump of salt in a plate before the fire, and when dry, pound it in a mortar, or rub two pieces of salt together; it will then be free from lumps, and in very fine powder.

To clean Knives and Forks.—Hold the knives straightly on the board, and pass them backward and forward in as straight a line as possible. Forks should be cleaned with a stick covered with buff-leather, and finished with a brush. The best article for cleaning is the powder of the well-known Flanders bricks.

A *Knife-board* properly made, should consist of an inch deal board, five feet long, with a hole at one end, by which it is to be hung up when not in use. At this end, the left hand, and close to the front edge, should be fastened a stiff brush for cleaning forks. At the other end should be a box, with the open end towards the hand, and a sliding lid; this should contain a Bath brick, leathers for forks, &c., so that the materials for cleaning may be shut in and hung up with the board.

Or, cover a smooth board free from knots, with thick buff-leather, on which spread, the thickness of a shilling, the following paste:—emery, one ounce, crocus, three ounces; mixed with lard or sweet oil. This composition will not only improve the polish but also the edges of the knives.

For forks, fill an oyster barrel with fine gravel, brick dust, or sand, mixed with hay or moss, kept damp and well pressed down; into this run the prong of forks a few times, and all stains will disappear from them.

To clean Furniture.—Use merely cold-drawn linseed oil: pour a little into a saucer, and with a piece of rag rub it on the furniture; in a few minutes, wipe it off with a duster, and rub the furniture with woollen cloth. If this be repeated once a week, it will produce a lasting polish that may be washed with warm water; and the surface will not be so easily scratched as if varnished with the oilman's preparations for furniture.

French-polished furniture is best cleaned with plain linseed oil; if very dirty, use turpentine.

Furniture Oil.—Put into a jar one pint of linseed oil, into which stir one ounce of powdered rose-pink, and add one ounce of alkanet root, beaten in a mortar: set the jar in a warm place for a few days, when the oil will be deeply coloured, and the substances having settled, the oil may be poured off for use, and will be excellent for darkening new mahogany.

Furniture Paste.—Put turpentine into a glazed pot, and scrape bees' wax into it with a knife, which stir about till the liquid is of the thickness of cream; it will then be good for months, if kept clean; and furniture cleaned with liquid thus made, will not receive stains so readily as when the turpentine and wax are heated over the fire, which plan is, besides, very dangerous; but, if the heating be preferred, place the vessel containing the wax and turpentine in another containing boiling water.

To clean Looking-glasses.—Keep for this purpose a piece of sponge, a cloth, and a silk handkerchief, all entirely free from dirt, as the least grit will scratch the fine surface of the glass. First, sponge it with a little spirit of wine, or gin, and water, so as to clean off all spots; then dust over it powder-blue tied in muslin, rub it lightly and quickly off with the cloth, and finish by rubbing it with the silk handkerchief. Be careful not to rub the edges of the frames.

To clean Picture Frames.—They should never be wiped with linen, as it will injure gilding, from which stains or spots may be removed by gently wiping them with cotton dipped in sweet oil.

Or, sponge them lightly with weak salt and water, and a little soap. In hot weather, they should be covered with yellow gauze, or tissue paper.

Frames of varnished wood may be cleaned to look new, by careful washing with a sponge and soap and water; but nothing stronger should be used.

To remove Ink Spots from Mahogany.—Drop on the spots a very small quantity of spirits of salt; rub it with a feather or piece of flannel, taking care not to let the spirit reach the fingers or clothes; in four or five minutes, wash it off with water.

Or, mix a tea-spoonful of burnt alum, powdered, with a quarter of an ounce of oxalic acid, in half a pint of cold water; to be used by wetting a rag with it, and rubbing it on the ink spots.

Or, crumple a piece of blotting-paper, so as to make it firm, wet it, and with it rub the ink spot firmly and briskly, when it will disappear; and the white mark from the operation may be immediately removed by rubbing it with a cloth.

To clean Gilt or Lacquered Articles.—Brush them with warm soap and water, wipe them, and set them before the fire to dry; finish with a soft cloth. By this simple means, may be cleaned ormolu and French gilt candelabra, branches, and lamps; mosaic gold and gilt jewellery, toys, and ornaments. Care is requisite in brushing the dirt from fine work, and finishing it quite dry. Anything stronger than soap, as acids, pearlash, or soda, will be liable to remove the lacquer.

To polish inlaid Brass Ornaments.—Mix powdered tripoli and linseed oil, and dip in it a piece of hat, with which rub the brass; then, if the wood be ebony or dark rosewood, polish it with elder ashes in fine powder.

To clean Door Plates.—To clean brass plates on doors, so as not to injure the paint at the edges, cut the size of the plate out of a large piece of millboard, place it against the door, and rub the plate with rotten stone, or crocus and sweet oil, upon leather.

To clean Alabaster.—Remove any spots of grease with spirit of turpentine: then dip the article in water for about ten minutes, rub it with a painter's brush and let it dry; finish by rubbing it with a soft brush dipped into dry and fine plaster of Paris.

To bleach Ivory.—Ivory that has become discoloured, may be brought to a pure whiteness by exposing it to the sun under glasses; having first brushed the ivory with pumice-stone, burnt, and made into a paste with water. To conceal the cracks in antique ivory, brush out the dust with warm water and soap, and then place the ivory under glass. It should be daily exposed to the sun, and turned from time to time, that it may become equally bleached.

To clean a Gold Chain.—Wash it in soap and water, and put it whilst wet into a bag with some fresh, clean bran; shake it well, and in a few minutes, it will be found perfectly clean.

To clean Books or Prints.—Ink spots may be removed by oxalic acid dissolved in water, and carefully applied with a hair pencil. To remove oil or grease, warm the spot, lay over it blotting paper, and upon it the heated blade of a knife, when the blotting-paper will absorb the grease; then apply spirits of turpentine, with a hair pencil, and restore the whiteness of the paper with spirits of wine.

To clean Japan or Paper-work.—Do not set the articles, as candlesticks or trays, to the fire, but pour warm water upon them to melt the grease, and wipe them dry with a cloth; they may be polished by sprinkling a little flour upon them, and wiping. Paper-work is liable to break, if let fall, or if boiling water be poured on it.

To clean Lamps.—Brouzed lamps should be wiped carefully; if oil be frequently spilled over them, it will cause the bronzing to be rubbed off sooner than it would disappear by wear. Brass lamps are best cleaned with crocus or rotten-stone and sweet oil. Lackered lamps may be washed with soap and water, but should not be touched with acid or very strong ley, else the lacker will soon come off. When lamps are foul inside, wash them with potash and water, rinse them well, set them before the fire, and be sure they are dry before oil is again put into them.

To clean ground-glass shades, wash the insides carefully with weak soap and water, lukewarm, rub them very lightly and dry with a soft cloth.

Lamps will have a less disagreeable smell if, before using, the cottous be dipped in hot vinegar, and dried.

To clean Decanters.—Put into them broken egg-shells, pieces of coarse brown or blotting paper, with pearlash, and nearly fill them with lukewarm water; shake them well for a few minutes, or, if very dirty, leave them for some hours, when rinse the decanters with cold water. The settlement of the crust of wine in decanters, may be best prevented by rinsing at night, with cold water, all the decanters used during the day. To clean the outer work of decanters, rub it with a damp sponge dipped in whitening; then brush it well, rinse the vessel in cold water, drain, and finish with a fine dry cloth.

To remove Crust from Glass.—It often happens that glass vessels used for flowers and other purposes, receive an unsightly crust, hard to be removed by scouring. The best method is to wash it with a little diluted spirit of salts, which will soon loosen it.

To cleanse Bottles.—To cleanse bottles with bad smells, put into them pieces of blotting or brown paper, and fill up with water; shake the bottles, and leave them for a day or two, when, if they be not sweetened, repeat the process, and rinse with pure water.

To make Breeches Balls.—Mix half a pound of Bath brick in fine powder, one pound of pipe-clay, two ounces of pumice-stone in fine

powder, and three ounces of ox-gall; colour the mixture with yellow ochre, umber, or Irish slate, to the desired shade, and shape into balls.

Scouring Balls.—Mix one pound of pipe-clay, two ounces of fullers' earth, and two ounces of whitening, with sufficient ox-gall to make the whole into balls, which dry in the sun. When to be used, first moisten the spot with water, then rub it with the ball, and dry it in the sun, and after washing with clean water, the spot will disappear.

To clean Gold or Silver Lace.—Rub it gently with cotton wool, or a soft brush dipped in spirits of wine, taking care not to injure the silk beneath.

To clean Gloves.—Wash them in soap and water till they are quite free from dirt, when, instead of wringing them, stretch them on wooden hands; put them upon each other, and press out the water. Then rub the following mixture outside the gloves; ochre for yellow, pipe-clay for white, and a little of each for buff, mixed with beer or vinegar. Dry the gloves gradually, rubbing and stretching them when half dried; next beat them with a small cane, brush them, and finish them with a warm iron.

To clean Gloves dry.—Mix dried fullers' earth and powdered alum, and brush them over the gloves; then sweep it off, and sprinkle them with dry bran and whitening, and dust them well; if the gloves be much soiled, first remove the grease with crumbs of toasted bread, and burnt powdered bone.

House-cleaning.—The Spring is more particularly the time for house-cleaning; though of course, it requires attention monthly.

Begin at the top of the house; first, take up the carpets, and, if they require it, send them to be scoured; or, as carpets are sometimes injured by scouring, they may be cleaned by washing them with soda and water, after having been taken up and well beaten.

Remove all the furniture out of the room, have the chimneys swept where fires have been kept, and clean and blacken the grates. Wrap old towels round the bristles of the broom, and sweep lightly the ceiling and paper; or, if requisite, the paper should be cleaned with bread, as elsewhere directed. Then wash the paint with a flannel or sponge, and soap and water, and, as fast as one person cleans, another should follow, and, with cloths, wipe the paint perfectly dry. Let the windows be cleaned, and scour the floor. Let the furniture be well rubbed; and the floor being dry, and the carpets laid down, replace the several articles.

The paper should be swept every three months. The curtains should, for the Summer months, be taken down, brushed, shaken, and pinned up in paper or linen, and managed as directed for clothes, at page 403. If requisite, the curtains should be cleaned.

In cleaning bed-rooms, if the beds be infested with bugs, take the bedsteads asunder, and wash every part of them, but especially the

joints, with a strong solution of corrosive sublimate in spirits of turpentine; as the sublimate is a fatal poison, the bottle containing the above solution should be labelled "Poison;" and it should be used very carefully, and laid on with a brush kept for the purpose. Bugs can only be removed from walls by taking down the paper, washing them with poison, and repapering.

In bedrooms with fires, a whisk-brush is best to clear the curtains and hangings from dust.

The chamber should also be scoured, the carpets taken up and beaten, and hangings, curtains, &c., taken down, and shaken or washed.

To remove grease or oil from boards, drop on the spots spirit of turpentine, or rub on them a mixture of fullers' earth and soap lees made hot, before the floor is scoured.

Before cleaning the walls of a room, pictures, looking-glasses, &c., should be removed to be cleaned.

The housemaid should be provided with a box, with divisions, to convey her various utensils, as brushes, black-lead, &c., from room to room; and a small mat, in place of the rug or carpet, to kneel upon while cleaning the grate.

Scouring Bed-rooms.—The practice of scouring bed-rooms in the Winter is very dangerous, and productive of many coughs and colds, to say nothing of more serious evils. A fire should always be lit in a room, the floor of which has been wetted; and, if there should not be a grate in the room, a pan of coals should be passed over the boards. A dry day should be selected for scouring rooms, and the windows and doors should be set wide open till dusk; and, if such a day does not occur in a reasonable time, sweep the rooms thoroughly and often, rather than run the risk of having them scoured.

To clean Oak Wainscot.—First, wash it with warm beer, to remove any grease; then boil two quarts of beer, with an ounce of bees' wax and a table-spoonful of sugar in it; lay this on the wainscot with a large brush, and when dry, rub it till it bears a high polish.

To clean Paper-hanging.—Cut a stale loaf of bread into brick-shaped pieces: blow off with bellows all the dust from the paper, and with the crumb face of one piece of the bread, begin at the top of the room to wipe the paper lightly downward, about half a yard at each stroke, and thus proceed till you reach the bottom. Be careful not to rub the paper hard, or in more than one direction; and cut away the dirty surface of the bread as often as requisite.

To clean Marble.—Mix a bullock's gall with a gill of soap lees, and half a gill of turpentine, and make them into a paste with pipe-clay; cover the marble with it for a day or two, when rub it off, and if any stains remain, apply the paste again. Or, mix verjuice and pumice-stone in impalpable powder; dip into it a sponge, rub the marble, wash it with a linen cloth and clean water, and dry it with clean linen rags.

Powder finely a quarter of a pound of whitening, and a small quantity of stone blue; dissolve in a little water one ounce of soda, and

mix these ingredients with a quarter of a pound of soft soap ; put the whole into an earthen pipkin, heat it over a slow fire, constantly stirring it ; lay it, while hot, with a brush upon the marble, and let it remain on half an hour ; then wash it off with warm water, and wipe the marble dry.

To remove iron stains from marble, wet them with a mixture of equal quantities of vitriol and lemon-juice ; in a few minutes, rub the stains with soft linen till they disappear.

Making Beds.—Close or press bedsteads are ill adapted for young persons or invalids : when their use is unavoidable, the bed-clothes should be displaced every morning, and left for a short time before they are shut up.

The windows of bed-rooms should be kept open for some hours every day, to carry off the effluvia from the bed-clothes ; the bed should also be shaken up, and the clothes spread about, in which state the longer they remain the better.

The bed being made, the clothes should not be tucked in at the sides or foot, as that prevents any further purification taking place, by the cool air passing through them.

A warming-pan should be chosen without holes in the lid. About a yard of moderately-sized iron chain, made red hot and put into the pan, is a simple and excellent substitute for coals.

To wash Hair and Clothes-brushes.—Dissolve about a table-spoonful of pearlash in a quart of hot water, and in it shake and wash the brush till it be clean, without pouring the hot water over the varnished wooden back or handle, as the pearlash and heat would loosen the veneer : rinse them in clean water, shake them well, and set them to dry at a moderate distance from the fire.

To beat a Carpet.—Hang the carpet upon a clothes-line, or upon a stout line between two trees ; it should then be beaten, on the *wrong side*, by three or four persons, each having a pliable stick, with cloth tied strongly in a knob on the end, in order to prevent the carpet from being torn, or the seams split, by the sharp end of the stick. When thoroughly beaten on the wrong side, the carpet should be turned, and beaten on the right side.

To clean a Carpet.—Carpets may be cleaned at home by scrubbing them with gall and water ; one-third of a bullock's gall being sufficient for a pail of water. The carpets should be nailed on the full stretch, else they will shrink.

Fullers' earth is also used for cleaning carpets ; and alum, or soda, dissolved in water, for reviving the colours.

To clean Floorcloths.—Do not wet them, if it can be avoided, as soap will remove the gloss from them, and water will cause them to rot : but merely wipe them with a damp flannel, and polish them, like furniture, with a moderately-hard brush.

To whiten Stone-work.—Put into three quarts of water half a pint of double size, a small piece of stone blue, two table-spoonful of

whitening, and half a pound of pipe-clay; boil together, and stir till mixed: lay it on the stone lightly with a flannel, and rub it off, when dry, with a flannel and brush.

To destroy the smell of fresh Paint.—Mix chloride of lime with water, with which damp some hay, and strew it upon the floor.

Cheap Colouring for Rooms.—Boil any quantity of potatoes, then bruise them, and pour on them boiling water until a pretty thick mixture is obtained, which is to be passed through a sieve: then mix whitening with boiling water, and add it to the potato mixture: to colour it, add either of the ochres, lampblack, &c.

Damp Walls.—Damp may be prevented from exuding from walls by first drying them thoroughly, and then covering them with the following mixture:—In a quart of linseed oil, boil three ounces of litharge and four ounces of resin. This, if applied in successive coats, will form a hard varnish on the wall.

Blacking for Leather Seats, &c.—Beat well the yolks of two eggs, and the white of one; mix a table-spoonful of gin and a tea-spoonful of sugar, thicken it with ivory black, add it to the eggs, and use, as common blacking; the seats or cushions being left a day or two to harden.

To clean Dish Covers.—Dry and powder the finest whitening, (sold in large cakes,) and mix it with a little sweet oil; rub this on the covers to remove the stains and spots; then dust dry whitening over them, and polish with wash-leather.

To clean Britannia Metal Goods.—Rub the article over with a piece of woollen cloth, moistened with sweet oil; then apply a little pounded rotten-stone or polishing paste, with the finger, till the polish is produced, after which, wash the article with soap and hot water, and when dry, wipe off smartly with soft wash-leather, and a little fine whitening.

To clean Pewter.—Scour it with fine white sand, (such as is brought from Reigate, in Surrey,) and strong ley made with wood-ashes, soda, or pearlash; then rinse the pewter in clean water, and set it to drain and dry. The best method, however, is to use the oil of tartar and sand employed by all the publicans in the metropolis, to clean their pewter-pots, bar-counters, &c.

To clean Brass and Copper.—Rub it with flannel and sweet oil, and next with rotten-stone, tripoli, powdered Bath brick, or common brick-dust; and, having cleaned it, polish with soft leather. By the old method of cleaning brass and copper with vitriol and spirit of salts, the metal is destroyed, and will very soon tarnish. The inside of brass or copper vessels should be scoured with fullers' earth and water, and set to dry, else the tinning will be injured.

To clean Cast Iron.—Boil in a pipkin a quarter of a pound of black lead with a pint of small beer, and a small piece of soap: having cleaned the iron from dirt, apply this mixture with a painter's brush,

and polish with a hard brush. Or, mix black lead in powder with turpentine, and apply as above. Or, use the lump Cumberland lead, without wetting. By either method, the castings of stove-grates and fenders may be beautifully polished, as well as kept from rust.

To clean Grates.—The best mixture for cleaning bright stove-grates is rotten-stone and sweet oil; they require constant attention, for, if rust be once suffered to make its appearance, it will become a toil to efface it. Polished fire-irons, if not allowed to rust by neglect, will require merely rubbing with leather; and the higher the polish, the less likely they are to rust. If the room be shut up for a time, and the grates be not used, to prevent their rusting, cover them with lime and sweet oil.

Bright fenders are cleaned as stoves; cast-iron fenders require black lead: they should not, however, be cleaned in the sitting-room, as the powdered lead may fly about and injure carpets and furniture. A good plan is to send cast-iron fenders to be bronzed or lackered by the ironmonger; they will then only require brushing, to free the dust from the ornamental work. The bright top of a fender should be cleaned with fine emery-paper.

To prevent fire-irons becoming rusty, rub them with sweet oil, and dust over them unslaked lime. If they be rusty, oil them for two or three days, then wipe them dry, and polish with flour emery, powdered pumice-stone, or lime. A mixture of tripoli with half its quantity of sulphur, will also remove rust; as will emery mixed with soft soap, boiled to a jelly. The last mixture is also used for removing the fire-marks from bright bars.

To preserve Guns, &c. from Rust.—Melt one pound of lard with half an ounce of camphor, and sufficient black lead to make it of the colour of iron, and stir till cold: if this mixture be rubbed on the articles, left on for a day, and then dried with a cloth, they will keep clean many months.

To light a Fire.—To light a fire from one already kindled, put three or four pieces of charcoal between the bars of the grate; then lay a few pieces of fresh coal upon the bottom of the grate in which the second fire is to be made, and place upon them, crosswise, the lighted pieces of charcoal; cover them with pieces of fresh coal, and blow them with the hand-bellows, when the charcoal will set fire to the fresh coal, and a brisk fire will be made in a few minutes. On the contrary, if we light a fire with wood, some time must elapse before it can safely be blown.

Fires in Chimneys.—When a chimney or flue is on fire, throw into the fireplace handfuls of flour of sulphur, which will destroy the flame. Or, apply a wet blanket, or old carpet, to the throat of the chimney, or over the front of the fire-place. A chimney-board, or register-flap, will answer the same purpose, by stopping the draught of air from below.

To prevent the ill effects of Charcoal.—Set over the burning char-

coal a vessel of boiling water, the steam of which will prevent danger from the fumes.

Fire Balls.—Mix one bushel of small coal, or saw-dust, or both, with two bushels of sand, and a bushel and a half of clay; make the mixture into balls with water, and pile them in a dry place to harden for use. A fire cannot be lighted with these balls; but, when it burns strong, put them on a little above the top bar, and they will keep up a strong heat.

To prevent Mouldiness.—It has been found that the best preventive of the growth of mould is either of the essential oils, as the oil of lavender, cloves, bergamot, peppermint, &c. Russia leather, which is scented with the tar of the birch-tree, is not subject to mouldiness; and books bound in it will even prevent mouldiness taking place in other books bound in calf near which they happen to lie.

Aromatic seeds are not subject to mould, and gingerbread, or cakes containing caraway seeds, are far less liable to mouldiness than plain bread. Children have been poisoned by eating mouldy bread.

To purify Water.—A large spoonful of powdered alum stirred into a hogshead of impure water will, after the lapse of a few hours, precipitate the impurities, and give it nearly the freshness and clearness of spring water. A pailful may be purified with a tea-spoonful of alum.

Water-butts should be well charred before they are filled, as the charcoal thus produced on the inside of the butt keeps the water sweet. When water, by any accident, becomes impure and offensive, it may be rendered sweet by putting a little fresh charcoal in powder into the vessel, or by filtering the water through fresh-burnt and coarsely powdered charcoal.

Lead Cisterns are unsafe to hold water for culinary purposes: if the water has stood in them several days undisturbed, a small white coating may be observed at the upper edge of the water: on any addition of water, this coating is washed off, and if there be the slightest acidity in the vessel, this coating will be dissolved in the water, and thus a poison be conveyed into the stomach. To prevent this, the insides of lead cisterns should be occasionally examined, and cleaned out.

Filter for Water.—Put into an earthen vessel, (such as sugar-bakers use to form their loaves in,) with a *small* hole at the pointed end, some pieces of sponge, and upon them small clean pebbles to a quarter fill the vessel. Hang this filter, end downwards, in a barrel with the head out, leaving a space of about two or three inches between the end of the filter and the bottom of the barrel. The upper part of the filter should be a little above the top of the barrel, which must be always kept full of water. The sediment of the water will then remain at the bottom of the barrel, and the pure water will rise through the sponge and pebbles to the vacant part of the filter. It may be hung in a cistern, or water-butt, if more convenient. The pebbles and sponge should be cleansed occasionally.

Or, take a large flower-pot, and put either a piece of sponge or some cleanly-washed moss over the hole at the bottom. Fill the pot three-quarters with a mixture of equal parts of clean sharp sand, and charcoal in pieces the size of peas. On this lay a piece of linen or woollen cloth, large enough to hang over the sides of the pot. Pour the water to be filtered into the basin formed by the cloth, and it will come out pure through the sponge or moss at the bottom.

Water freezing in Pipes.—Tie up the ball-cock during the frost, and the freezing of the pipes will often be prevented. When water is in the pipes, if each cock be left a little dripping, the circulation of the water will prevent its freezing in the pipes.

Glazed Vessels.—The glazing of stone ware is sometimes very imperfect: to test it, nearly fill the vessel with vinegar, into which put some fat of beef, salted; boil for half an hour, and set it by for a day, when, if the glazing be imperfect, small black particles of lead will be seen at the bottom of the vessel.

Fly-guard.—The nuisance of wasps or flies may be got rid of by placing against a window, a frame fitting closely round its edge, and furnished with a widely-meshed net expanded over it; indeed, the distance between the meshes may be so considerable that the net is scarcely visible. The experiment has been made with black thread meshes, an inch and a quarter square, and the troublesome insects have rarely ventured to pass through it. This contrivance is much more successful, and less dangerous, than poisonous fly-water.

To destroy Bugs.—Pour boiling water into the joints of the bedsteads: or, brush them over with petroleum oil, though not by candle-light, as it is very inflammable. Or, use a bug poison, to be purchased at an oilman's or druggist's.

Or, hang up in a chamber a bundle of the plant *lepidium rudemale*, when the bugs will flock to it, and in a short time be killed by its odour.

To destroy Cockroaches, &c.—Stir a small quantity of arsenic with some bread-crumbs, which lay near the insects' haunts; meantime, be careful to keep dogs and cats out of the way. Poisoned wafers are also made for killing cockroaches: a trap is made with a glass well, for the same purpose; but a more simple contrivance is to half-fill a glazed basin, or pie-dish, with sweetened beer or linseed oil, and set in places frequented by cockroaches. They will attack the red wax of sealed bottles, but will not touch black wax.

Rats are effectually banished by sprinkling chloride of lime in their haunts.

Sponge, or cork, cut into very small pieces, and fried in grease, is an effectual bait for rats, and will soon destroy them.

To destroy crickets at night, set dishes or saucers filled with the grounds of beer or tea, on the kitchen-floor, and, in the morning, the crickets will be found dead from excess of drinking.

The leaves of danewort, like those of common elder, are strewed to keep away moles and mice, which will not come near them.

Mixture for destroying Flies.—Pour a pint of boiling water upon a few quassia chips; let it stand, strain, and add to it four ounces of brown sugar, and two ounces of ground black pepper: set it in plates where required.

A strong infusion of green tea, sweetened, is as effectual in poisoning flies, as the solution of arsenic generally sold for that purpose.

To drive away Fleas.—Distribute about the bed a few drops of oil of lavender, and the fleas will soon disappear.

Cement for China.—Dissolve two drams of mastic in spirit of wine; soak the same quantity of isinglass in water till it is soft, and dissolve it in spirit, adding two drams of powdered gum-ammoniac. Put the two mixtures into an earthen pipkin, and expose them to a gentle heat. Pour them into a bottle, and cork it closely. For use, place the bottle in hot water until the cement is sufficiently fluid, when it should be applied to the fractures. In twelve hours it will set, and the mended part become as hard as any other.

The white of an egg beaten well, and mixed with finely-powdered quick lime, to form a paste, is an excellent cement: the juice of garlic will often answer the same purpose. Or, take the white slime of large snails, and with it smear the edges of the broken vessel, which tie together, and set by for two or three days, when it will be cemented firmly. This snail slime has been known to cement two pieces of flint so strongly as to bear dashing on a pavement without the junction being disturbed, although the flint broke into fragments by fresh fractures.

The main point in using cement is to spread as *little as possible* on the edges of the broken article, so that they may be more closely brought together: the more cement employed the less likely will be the junction to last. To ensure this small quantity, the bodies should be heated before the cement is applied.

Rice Glue.—Mix rice flour smoothly with cold water, and simmer it over a slow fire, when it will form a delicate and durable cement, not only answering all the purposes of common paste, but well adapted for joining paper and card-board ornamental work.

To improve Plaster Casts.—Brush them over with size, and, when dry, varnish them with copal varnish.

To dissolve Putty.—To remove old putty from glazed frames, brush over it pearlash and slaked stone-burnt lime, mixed to the thickness of paint.

To restore Pearls.—Soak them in hot water in which bran has been boiled, with a little salt of tartar and alum, and rub them gently between the hands; rinse them in lukewarm water, and lay them out to dry.

To preserve the colour of pearls, keep them in dry common

magnesia, instead of the cotton-wool used in jewel-cases, and they will never lose their brilliance.

Superior Paste.—Mix flour and water, with a little brown sugar, and a very small quantity of corrosive sublimate in powder, and boil it until sufficiently thick and smooth. The sugar will keep the paste flexible, and prevent it scaling off from smooth surfaces, and the corrosive sublimate will check its fermentation: a drop or two of oil of aniseed, lavender, or bergamot, will prevent the paste turning mouldy.

Varnish for Straw or Chip Hats.—Powder half an ounce of black sealing wax, put it into a bottle with two ounces of spirits of wine, and set it in a warm place; lay it on warm with a soft hair brush, before the fire or sun.

Good Blacking.—Take of sifted plaster of Paris, two pounds; lamp black, half a pound; barley malt, one pound; sweet oil, one ounce. Steep the malt in hot but not boiling water, and strain the liquor into a basin; then stir in the plaster and lamp-black, leave it till it becomes a paste, and add the oil.

Or, take of ivory black, one pound; lamp black, half an ounce; treacle, one pound; sweet oil, one ounce and a half; coarse gum Arabic, half an ounce; green copperas, three-quarters of an ounce; and stale vinegar, three pints and a half. Mix all well together, having first dissolved the gum in a little water: then add gradually, briskly stirring the mixture, half an ounce of oil of vitriol; let it stand two days, occasionally stirring it, and it will be fit for use.

Or, mix in one quart of sour beer, three ounces of ivory black, the same quantity of treacle, two table-spoonsful of sweet oil, and lastly one ounce of oil of vitriol; stir the whole well together, as well as at the time of using.

Or, two ounces of ivory black, one tea-spoonful of oil of vitriol, a table-spoonful of sweet oil, and two ounces of sugar candy, to be mixed with half a pint of vinegar.

Or, ivory black and sugar candy, of each two ounces, and sweet oil a tablespoonful; to be stirred gradually with a pint of vinegar.

To make blacking paste, mix four ounces of ivory black, four ounces of treacle, three quarters of a pint of vinegar, and a table-spoonful of sperm oil.

Norfolk Fluid.—Put into a jar three quarters of a pint of linseed oil, one ounce of rosin, half an ounce of frankincense, three ounces of bees' wax, half a pint of neatsfoot oil, and a quarter of a pint of turpentine; set the jar in a vessel of water, which put upon the fire to boil, and stir the ingredients in the jar as they melt; this fluid is used for rendering leather water-proof.

Water-proof Boots and Shoes.—To prevent snow-water penetrating boots and shoes, take equal quantities of bees' wax and mutton suet, and melt them together in an earthen pipkin over a slow fire. Lay the mixture, while hot, over the boots and shoes, which ought also

to be made warm; let them stand before the fire a short time, and set them aside till they are cold; then rub them with dry woollen stuff, so that you may not grease the blacking-brushes. If you black the shoes before the mixture be put on, they will afterwards take the blacking much better.

Or, boil together for half an hour, a quart of linseed oil, two ounces of resin, and half an ounce of white vitriol, and incorporate with them a quarter of a pint of spirit of turpentine, and two ounces of well-dried oak sawdust; lay the mixture on the soles of the boots or shoes with a brush.

To preserve Shoe Leather.—Put into a pipkin half a pint of boiled oil, one ounce of bees' wax, one ounce of turpentine, and half an ounce of Burgundy pitch; melt them together carefully over a slow fire, and brush on the leather when hot. If new boots be brushed with this composition, and hung in a warm place for a week or ten days, they will not only be rendered soft, but will keep out much wet, and will seldom crack at the sides.

German Polish.—Make a varnish by dissolving seed lac or shell lac in spirits of wine set in a warm place, the clearest grains of lac being for the lightest varnish; it may be coloured red with Brazil wood, and yellow by turmeric root. Clean the article to be polished with hot beer, remove all stains; rub it flat with pumice-stone, oil it, and continue to rub it till smooth. Then apply the varnish with a sponge upon a rubber of five pieces of linen, and it having soaked through these, add to it a little linseed oil, and with the rubber pass over the whole surface of the wood at once.

Water-proof Cloth.—Dissolve an ounce of isinglass in a pint of soft water, one ounce of alum in a quart of water, and a quarter of an ounce of soap in a pint of water. Having made the three solutions, strain them, mix them, and simmer them together for some time. Brush this mixture, while hot, over the reverse side of the cloth: when dry, brush it well and give it another coat; and in two or three days the cloth will be fit for use. Articles thus made water-proof are said to be free from the unhealthy closeness of India-rubber cloth, which is air-proof.

Excellent Writing Ink.—Boil eight ounces of galls in coarse powder, and four ounces of logwood in thin chips, in twelve pints of rain water, for one hour; strain the liquor, and add four ounces of green copperas, three ounces of powdered gum arabic, one ounce of blue vitriol, and one ounce of sugar-candy, powdered; stir the mixture until the whole be dissolved, then let it subside twenty-four hours, decant it very steadily, and put it into stone bottles for use.

A clove kept in ink will prevent its becoming mouldy.

DOMESTIC REMEDIES.

Warm Baths.—The best materials for constructing baths, are slabs of polished marble, bedded with water-tight cement, in a wooden case, and carefully nited at the edges. But, as white or veined marble baths are apt to get yellow or discoloured by frequent use, and cannot easily be cleaned, large Dnteh tiles, or square pieces of white earthenware, are sometimes substituted; these, however, are with difficulty kept water-tight, so that marble is altogether preferable. Copper, or tinned iron plates are also used; the former is more expensive at the outset, but far more durable than the latter, which is also liable to leakage at the joints, unless excellently made. Both copper and iron should be well covered, in and outside, with several coats of paint. Wooden tubs, square, oblong, or oval, are sometimes used for warm baths, and are cheap and convenient; but the wood contracts a mouldy smell, and there is great difficulty in preventing shrinkage in them, and keeping them water-tight.

The fittest place for baths is the bed-room floor; they are sometimes placed in the basement story, which is cold and damp, and in all weather disagreeable.

Due attention should be paid to the warming and ventilation of the bath-room. A temperature of 70 degrees, by the thermometer, should be kept up in it, and ventilation is requisite to prevent the moisture settling upon the walls and furniture.

An improvement in the construction of baths is a slightly hollowed space at one end to receive the head of the bather, so as to prevent that sensation of cramp which is often experienced from the ordinary, abrupt shape of a bath.

The hand is a very uncertain test for the heat of water, and should, therefore, not be relied on in preparing a bath; but a thermometer should be employed, which will denote the actual temperature, thus:—

| | | | |
|---|-----|------------|-----|
| Cold bath, from 32° to 75° of Fahrenheit. | | | |
| Tepid | ... | 75 to 92 | ... |
| Warm | ... | 92 to 98 | ... |
| Hot | ... | 98 to 114 | ... |
| Vapour | .. | 100 to 140 | ... |

Hand Shower Bath—An excellent hand shower-bath for children, has been invented. It consists of a metal vessel containing about a gallon, the bottom of which is pierced with holes, while the upper part is open, and provided with a handle. When intended to be used, the vessel is immersed in a pail of water, and it quickly fills from the

lower part. The thumb is placed over the aperture at the apex, which prevents all escape of water. It may be held at a convenient distance over the child, and the moment the thumb is removed, there falls a refreshing shower, which may be stopped instantaneously, by placing the thumb over the upper opening.

Simple Vapour Bath.—Wrap the patient in blankets, which fasten closely about the neck, leaving the head exposed: then place him in a chair, under which set a basin or deep dish, with half a pint of spirits of wine, or whisky, which should be ignited; close the blankets to the floor, and in a few minutes the patient will be in a profuse perspiration, and should be put to bed between warm blankets.

To purify the Chambers of the Sick.—Close the windows and doors of the room to be purified, except one door; close also the chimney aperture, except for two or three inches at the bottom, and remove all the iron and brass furniture; then put three table-spoonsful of common salt into a dish or pan, place it upon the floor of the apartment, and pour at once upon the salt a quarter of a pint of oil of vitriol; retire, and close the room for forty-eight hours, during which time vapour will continue to rise and diffuse itself completely through the room, so as to destroy the matter on which infection depends. The room may then be entered, the doors and windows thrown open, and a fire made in the grate, so that the apartment may be perfectly ventilated.

To prevent Infection.—As a preservative, carry with you, and smell occasionally, a handkerchief sprinkled with this mixture; half an ounce of spirits of camphor, half a pint of water, and five ounces of pyroligneous acid.

Cascarilla bark is good to smoke, to prevent the effects of malaria, and in sick rooms to correct bad effluvia. It yields a fine aromatic odour, and is very wholesome for sedentary and studious people to smoke, if mixed with good tobacco. The proportions for either of these purposes are as follow:—one pound of Turkey tobacco, four ounces of Dutch canaster tobacco, and one ounce of Cascarilla bark, broken small; mix the above, and smoke a pipe of it every evening, when the house is shut up; it is also a good digester after meals.

Fumigating Pastiles.—Pound and mix gum benjamin and frankincense in powder, of each two drams; gum myrrh, storax, cascarilla bark, and nitre, of each, powdered, one ounce and a half; and charcoal powder, one ounce; moisten and shape into pastiles with gum-water, and a very little turpentine.

The stalks of dried lavender, if burnt, have an agreeable scent, and form a substitute for pastiles; they may be cut small, and burnt in little vessels.

To use Chloride of Lime.—This new preventive of contagion may be used as follows:—stir one pound of the chloride of lime into four gallons of water; allow it to settle for a short time, pour off the clear solution, and keep it in well corked bottles.

In houses infected, sprinkle the rooms morning and evening with the above liquid; and pour some of it into shallow dishes or basins. Sprinkle it about the room and bed-linen occasionally, and admit fresh air. Infected linen should be dipped in the mixture about five minutes, and then in common water, before it is sent to the wash.

A wine-glassful added to the water of a night-chair or bed-pan, will prevent any smell. To destroy the effluvia from drains, sewers, cesspools, &c., pour into them a quart of the mixture, with a pail of water.

Meat sprinkled with, or dipped in, the mixture, and hung in the air, will not be attacked by flies, nor be tainted for some time. Fish, game, and meat, if tainted, may be sweetened by sprinkling them with the mixture.

Water in cisterns may be purified, and its animalculæ killed, by putting about a pint of the mixture to one hundred gallons of water.

This mixture will also destroy bugs, if the joints and crevices of bedsteads be washed with it. It will likewise remove the smell of paint in a day, if the newly-painted room be sprinkled with it, and if some of it be placed there in dishes or saucers.

Recovery from Suffocation, &c.—There are many occasions of danger on which a person who can hold breath for a minute or two minutes, may save the life of another. The best preparation for rendering such assistance is, by breathing in a manner deep, hard, and quick, (as he would naturally do after running,) and ceasing that operation with his lungs full of air; he will then find himself able to hold his breath more than twice as long as he would without such preparation.

The above effect may be rendered exceedingly valuable. Thus, if in a brewer's fermenting vat, or an opened cesspool, one man sinks senseless and helpless, from breathing the foul air, another man of cool mind would, by the above preparation, have abundant time, in most cases, to descend by the ladder or the bucket, and rescue the sufferer without any risk on his own part. In the case of entering a chamber on fire, advantage may also be taken of knowledge of this fact.

The following precautions should also be regarded in these cases.

Avoid all unnecessary exertion; for activity exhausts the air in the lungs of its vital principle more quickly; go collectedly, coolly, and quietly, to the spot where help is required; do no more than is needful, leaving what can be done by those who are in a safe atmosphere, (as the hauling-up of a senseless body,) for them to do.

Take the precautions usual in cases of danger, in *addition* to the one now recommended. Thus, in case of choke-damp, as in a brewer's vat, hold the head as high as may be: in case of a fire in a room, keep the head as low down as possible.

If a rope be at hand, fasten it to the person who is *giving* help, that he may be succoured if he should venture too far. Many deaths

happen in succession in cesspools, and similar cases, for want of this precaution.

It is hardly needful to say, do not try to breathe the air of the place where help is required. Yet many persons fail, in consequence of forgetting this precaution. If the temptation to breathe be at all given way to, the *necessity* increases, and the helper himself is greatly endangered. Resist the tendency, and retreat in time.

Be careful to commence giving aid with the lungs *full* of air, not empty; for the preparation consists chiefly in laying up for the time, in the lungs, a store of that pure air which is so essential to life.

For common Coughs.—Mix one ounce of oil of almonds, one dram of powdered gum arabic, one ounce of syrup, and one ounce and a half of water; take a tea-spoonful or two occasionally.

Winter Cough.—Mix two ounces of oxymel of stramonium with six ounces of the decoction of Iceland moss; take a dessert spoonful, when the cough is troublesome.

For Cough and Hoarseness.—Beat well a newly laid egg, and stir it into a quarter of a pint of new milk, warmed, to which add a table-spoonful of capillaire.

A piece of anchovy will almost instantly restore the just tone of voice to any one who has become hoarse by public speaking.

White Mixture for Coughs.—Beat well the yolk of an egg, and mix with it in a mortar half a dram of powdered spermaceti, a little loaf sugar, and twenty drops of laudanum, (tincture of opium); add a gill of water, and mix well: a table-spoonful of this mixture will relieve an obstinate cough.

Or, mix half a pint of almond emulsion, two drams of syrup of poppies, the same of oxymel of squills, and one dram of powder of gum tragacanth; two table-spoonsful to be taken often.

Almond Emulsion.—Blanch about one dozen of sweet almonds, and beat them in a mortar to a paste with a few drops of water, adding loaf sugar to taste; gradually pour in half a pint of water, stirring the paste, filter the emulsion through muslin or a piece of tow in a funnel, or through a fine sieve, and add ten drops of laudanum: the dose for a cough is two table-spoonsful, occasionally.

Chalk Mixture.—Mix half an ounce of prepared chalk, the same of lump sugar, and one ounce of powdered gum arabic, with a pint of water; this is an excellent remedy for diarrhœa.

Bruises.—If the skin be not broken, rub the part with opodeldoc, from the druggist's: the application of conserve of roses, or a bruised apple, will remove a bruise from the eye.

For a Sprain.—Mix equal parts of spirit of camphor, distilled vinegar, and turpentine; and rub the part affected.

Liquid Opodeldoc.—Dissolve one ounce of camphor in a little spirits of wine, and two ounces of soft soap in a little water; put these into a bottle, add half a dram of oil of rosemary and the

same of oil of thyme; shake them well together, and add spirits of wine three quarters of a pint, and water a quarter of a pint; set in a warm place and shake it occasionally, for a few days. This is an excellent remedy for bruises, sprains, chilblains, &c.

Poppy Fomentation.—Boil one ounce of poppy heads in one pint and half of water, till reduced to one pint.

Burns and Scalds.—Plunge the injured part into cold spring or ice water, or lay on it pounded ice inclosed in linen or lint. If the skin be broken, dress the part with goulard cerate. Or, cover the burn or scald with cotton wool immediately after the accident. Another application for burns is, a liniment of goulard extract and olive oil, one ounce each, and rose water, four ounces.

An excellent liniment for burns and scalds may be made as follows:—dissolve one dram and a half of borax in a little rose water, and mix with it two ounces and a half of lime water, and three ounces of oil of almonds. Soak lint in the above, and apply.

Or, dissolve four ounces of alum in a quart of hot water, dip a cloth in it, and lay it on the part. As soon as it becomes hot and dry, repeat the application.

Wheat flour allays the inflammation and pain of burns and scalds, and effects a cure, by hastening incrustation, and by uniting with the discharge.

Apply to a burn, bruise, or cut, the moist surface of the inside coating of the shell of a raw egg; it will adhere of itself, and heal without pain.

For a burn by vitriol or any similar cause, lay on, with a feather, the white of eggs mixed with powdered chalk, and immediate relief will follow.

Or, immediately after the accident, plunge the scalded limb into spirit of turpentine, and keep it there for a few minutes.

Lotion for Chilblains.—Mix distilled vinegar and spirit of mindererus, of each four ounces, with half an ounce of borax.

In common cases of chilblains, apply pieces of soft linen, moistened with spirits of camphor, soap liniment, camphor liniment, &c. When the swellings break, apply poultices and emollient ointment for a few days. Equal quantities of sweet oil, lime water, and spirits of wine, are also an excellent remedy for chilblains.

To destroy Corns and Warts.—Put into an earthen pipkin a quarter of a piut of linseed oil, to which add one ounce of resin and a little litharge, and warm them together; to be spread upon leather, and applied to the corns or warts.

Corn Plaister.—Melt together in a pipkin one ounce of gum-ammoniac, one ounce of bees' wax, and three drams of verdegris, and spread it on soft leather or linen.

To remove Warts.—Caustic is an effectual though troublesome application. The juice of the common annual spurge plant is as efficacious a remedy; as is the bark of the willow tree burnt to ashes,

mixed with vinegar, and applied to the warts; the juice of the marigold is another remedy.

Stings of Insects.—Apply to the part, common salt moistened with water, or a little *eau de luce*.

To cure Ring-worm.—Dissolve borax in water, and apply it; at first, it will produce a burning sensation and redness; it should then be discontinued for a few days, and being resumed, the ringworm will soon disappear.

Ring-worm may be prevented or cured by sponging the head daily with vinegar and water, in the proportion of half a pint of vinegar to one pint and a half of water.

For Spasms.—Mix four table-spoonsful of camphor julep and twenty drops of sal-volatile, for a dose, to be repeated twice or thrice a day.

Saline Draught.—Dissolve one scruple of carbonate of potass, (salt of tartar,) in a table-spoonful of lemon-juice, and three table-spoonsful of water; sweeten with lump sugar, and drink while it effervesces. This is an excellent remedy for sore throats, nausea, &c.

Another.—Dissolve one dram each of citric acid and carbonate of potass in three-quarters of a pint of water; add one ounce each of syrup of orange-peel and spirit of nutmeg, and mix. Two table-spoonsful to be taken in fevers, and inflammatory sore throats.

Tincture of Roses.—Put into a bottle the petals of the common rose, and pour upon them spirits of wine; cork the bottle, and let it stand for two or three months. It will then yield a perfume little inferior to otto of roses. Common vinegar is much improved by a very small quantity of this mixture being added to it.

Senna Tea.—Macerate for an hour in a covered vessel one ounce and a half of senna, a dram of ginger, sliced, and a pint of boiling water: the dose is from one-half to a wine-glassful. Or, mix two drams of senna, with a little bohea tea, in a quarter of a pint of boiling water, and add, when poured off clear, a little sugar and milk.

Chamomile Tea.—Take of chamomile flowers, one ounce; boiling water, one quart; simmer for ten minutes, and strain.

Chamomile tea is well known as an emetic, when taken in a tepid state. In some parts of the country, especially in Oxfordshire, a strong infusion of chamomile is frequently taken at bed-time, as hot as it can be swallowed, when it produces perspiration, and next morning acts as a purgative. It is also there considered as one of the best remedies for indigestion, colic, pains and obstructions of the bowels, especially when arising from cold. A cup of coffee taken hot on an empty stomach will frequently be as efficacious as the chamomile in either of the above cases.

A small cupful of the tea, cold, taken in the morning fasting, is often serviceable for indigestion. Chamomiles are also employed in fomentations, their greatest use being to retain the heat of the application.

Linseed Tea.—Pour two quarts of boiling water upon one ounce of linseed, and two drams of liquorice root, sliced; let it stand six hours.

Mint Tea.—Mint, to be used as tea, should be cut when just beginning to flower, and should be dried in the shade. The young leaves are eaten in salads, and some eat them as the leaves of sage, with bread and butter.

Sage Tea.—Wood sage, which grows naturally, is the finest kind: with a little alum, it makes an excellent gargle for a sore throat. It may be made as tea, but is better if boiled.

Aniseed for Children.—Put two drops of oil of aniseed on a small lump of sugar, with five or six drops of any spirit, and rub them together in a marble (not a metal,) mortar, adding half a wine-glassful of water. From three to six drops of this mixture are sufficient for the usual quantity of an infant's food.

For Whooping Cough.—Mix two tea-spoonsful of paregoric elixir, one table-spoonful of oxymel of squills, and the same quantity of water and mucilage of gum-arabic: a tea-spoonful may be taken three or four times a day, or when the cough is troublesome.

Syrup of Mulberries.—Squeeze ripe mulberries, and to each pint of the juice add as much water; boil together till reduced half, when to each pint add one pound of loaf sugar; boil, skim, and strain it, and, when cold, bottle it. This syrup is much used for the thrush in infants.

Beverage for Fevers.—Boil two drams of powdered alum in a pint of milk, and strain: the draught is a wine-glassful.

Spirits of Lavender.—Put into a two-quart bottle three drams of bruised nutmeg, the same of cinnamon, bruised, and half a dram of red sanders wood; add to them a quart of brandy or spirits of wine, and infuse for a fortnight, shaking the bottle occasionally; then add one ounce of essence of lavender, let it stand a week, and filter or pour off for use.

Fine Bitters.—Put into a two-quart bottle two ounces of gentian root, sliced, one ounce of dried orange-peel, half an ounce of canella bark, bruised, and half a dram of cochineal, bruised; add a quart of brandy or spirits of wine, and half a pint of water: infuse for a fortnight, and filter for use. This is an excellent tonic and stomachic bitter tincture.

Uses of Borax.—Powdered borax, mixed with honey, or conserve of roses, is an excellent remedy for inside sores of the mouths of children. If a little of the mixture be dissolved in warm water, it will form, when cold, an efficacious gargle for an ulcerated sore throat. If a weak solution of borax in rose-water be constantly applied by means of a thin linen cloth, over the redness which often affects the nose of delicate persons, it will relieve the sense of heat, and remove the florid colour. Many other spots on the face may be similarly removed. It is likewise a very useful application to chilblains.

Uses of Hot Water.—The efficacy of hot water on many occasions in life cannot be too generally known. It is an excellent gargle for a bad sore throat, or quinsy. In bruises, hot water, by immersion and fomentation, will remove pain, and prevent discoloration and stiffness. It has the same effect after a blow. It should be applied as quickly as possible, and as hot as it can be borne. Insertion in hot water will also cure that troublesome and very painful ailment, the whitlow.

Poultices.—Mr. Abernethy directs a bread and water poultice to be made as follows:—put half a pint of hot water into a pint basin, add to this as much of the crumb of bread as the water will cover, then place a plate over the basin, and let it remain about ten minutes: stir the bread about in the water, or, if necessary, chop it a little with the edge of a knife, and drain off the water, by holding the knife on the top of the basin, but do not press the bread as is usually done; then take it out lightly, spread it about one-third of an inch thick on some soft linen, and lay it upon the part; if it be a wound, you may place a bit of lint dipped in oil beneath the poultice. There is nothing better than the bread poultice for broken surfaces. Linseed poultice is made by simply mixing linseed meal into a paste with hot water.

To apply Leeches.—Make the part clean and dry, and dry the leeches in a clean cloth; if this fail, scratch the surface of the skin with the point of a lancet, and apply the leech on the spot moistened with the blood. To apply a number of leeches, put them into a very small wine-glass, which hold over them till they are fixed. If the skin be much inflamed and heated, pour a little tepid water into the water containing the leeches, before they are taken out to be applied. If sulphur be taken internally, or applied externally, leeches will not bite; neither will they bite if the skin be covered with perspiration; or if there be tobacco-smoke or vinegar-vapour in the room.

All that is requisite to stop the bleeding is constant pressure on the spot; a piece of sponge or cotton, the size of a pin's head, is to be put upon the aperture, and kept there by cross slips of adhesive plaster spread upon linen, or the surgeon's strapping: if greater pressure be necessary, some linen may be placed between the stopper and the plaster.

To prevent Sea-sickness.—Pass a broad belt round the body, and place within it, on the region of the stomach, a pad stuffed with wool or horse-hair; this, when tightly braced, restrains the involuntary motion of the stomach, occasioned by the lurching of the vessel. During sickness, very weak cold brandy and water will be found the best means of allaying the heat and irritation.

The frequent use of any sea-sickness preventive is, however, attended with danger.

For Hiccough.—Sip about a tea-cupful of cold water, or a spoonful of vinegar, and the sobbing will soon cease.

For Diarrhœa.—Fill a tea-cup with dry flour, press it down, and cover it with a buttered cloth, tying it very closely; boil it three hours, when turn it out to cool into a hard mass; grate a tea or dessert-spoonful of it into peppermint water for children, or into a glass of port wine for adults, when wanted.

For Hysterics.—In Germany, caraway seeds, finely ground, with a little ginger and salt, spread upon bread and butter, and eaten every day, especially at night and morning, are used as a domestic remedy for hysterics.

Remedy for Fainting.—First place the patient in the horizontal posture, throw cold water over the face, and bathe the hands with vinegar and water: loosen the dress, and admit a free current of fresh, cool air. Pungent salts, ether, or *eau de Cologne*, should be held occasionally to the nose, and the temples should be rubbed with either of the two latter. When the patient has partly recovered, a small quantity of wine, cold water, or ten or twenty drops of sal-volatile or ether, in water, should be given.

Temporary Deafness.—If the ear be inflamed, inject with a syringe into it water, as warm as the patient can bear it, and foment the part with the decoction of poppy-heads and chamomile-flowers. Should not this relieve the pain, a drop of oil of cloves with a little oil of almonds should be dropped into the ear, and cotton wool put into it. If the ear discharge much, inject warm water with Castile soap in it, using the improved syringe, consisting of a ball of India rubber, with an ivory tube affixed; which enables the patient to inject much more effectually than with the old instrument.

Ear-ache.—When there is a violent pain in the ear, mix ten drops of tincture of opium with a quarter of an ounce of oil of almonds, and apply on cotton wool.

Cure for Stammering.—Impediments in the speech may be cured, where there is no malformation of the organs of articulation, by perseverance for three or four months in the simple remedy of reading aloud with the teeth closed, for at least two hours in the course of each day.

Bleeding at the Nose.—In obstinate cases, blow a little gun-arabic powder up the nostrils through a quill, which will immediately stop the discharge.

Eye Water.—Mix ten grains of white vitriol with half a pint of rose or elder-flower water. Warm water, applied with a clean sponge, is beneficial in cases of inflammation.

Lime Water.—Pour three quarts of water upon eight pounds of unslaked lime; let it stand half an hour, when add three gallons of water, and pour it off.

Walnut Water is much recommended as a remedy in subduing nausea and vomiting, if administered in doses of a wine-glassful

every half-hour. It is distilled from green walnuts, angelica seeds, and brandy.

To make Gargles.—For relaxed sore throat, mix five ounces of Cayenne pepper gargle, two ounces of infusion of roses, and one ounce of syrup of roses.

Or, mix with the Cayenne pepper gargle, three ounces of vinegar, three drams of tincture of myrrh, and four drams of honey of roses.

For inflammatory sore throats, mix six ounces of infusion of roses, one ounce of tincture of myrrh, and one ounce of honey of roses.

Or, mix one dram and a half of saltpetre, two ounces of honey, and six ounces of rose water.

For scorbutic gums, mix six ounces of infusion of roses, one ounce of borax, and one ounce of honey of roses.

To make the Cayenne pepper gargle, pour six ounces of boiling water upon one scruple of Cayenne pepper; cover it, and let it stand for three hours.

Eggs in Jaundice.—The yolk of an egg, either eaten raw, or slightly boiled, is, perhaps the most salutary of all the animal substances. It is a natural soap, and, in all jaundice cases no food is equal to it. When the gall is either too weak, or, by accidental means, is not permitted to flow in sufficient quantity into the duodenum, our food, which consists of watery and oily parts, cannot unite so as to become chyle. Such is the nature of the yolk of an egg, that it is capable of uniting water and oil into an uniform substance, thereby making up for the deficiency of natural bile.—*Dr. A. Hunter.*

For Gout and Rheumatism.—Mix in one pound of honey one ounce of flour of sulphur, half an ounce of cream of tartar, two drams of ginger, in powder, and half a nutmeg, grated: for rheumatism, add half a dram of gum-guaiacum, powdered. The full dose is two tea-spoonsful at bed-time and early in the morning, in a tumbler of hot water. This is “the Chelsea Pensioners’ recipe.”

Cold and damp Feet.—Nothing can be more erroneous than the notion that by pouring spirits into boots and shoes, when the feet are wet, will prevent the effects of cold; on the contrary, the practice often produces cold, inflammation, and obstruction in the bowels. When the spirit reaches the feet, it immediately evaporates: the stronger it is the more quickly it evaporates, and the greater is the cold produced.

Medicines in Travelling.—In case of change of food disagreeing with the stomach, dissolve a tea-spoonful of Epsom salts in half a pint of water, as warm as it can be drunk, and repeat the dose every half-hour, until it operates.

For diarrhoea, or acidity of stomach, mix one dram of compound powder of kino, with half an ounce of compound powder of chalk; divide into six powders, and take one or two a day, in three table-spoonsful of water, and a tea-spoonful of brandy.

Prepared Charcoal is one of the best dentifrices, and an excellent

sweetener of foul breath. But the charcoal sold in boxes for this purpose has nothing to recommend it save its grittiness, if this be really a recommendation. After the charcoal is made, it should be powdered with the utmost dispatch, in a very hot metal mortar, and instantly be put into a bottle, which should be well corked, and even sealed. When this powder is used, it ought to be exposed to the air as short a time as possible.

To whiten the Teeth.—Mix honey with finely-powdered charcoal, and use as paste.

The common strawberry is a natural dentifrice, for its juice will dissolve the tartareous incrustations on the teeth, and render the breath sweet.

To destroy tartar on the teeth, wash them occasionally with distilled vinegar and a brush; and to prevent it, clean the teeth with powdered charcoal and tincture of rhatany root.

Powdered alum will not only relieve the tooth-ache, but prevent the decay of the tooth.

A few leaves of parsley, eaten with vinegar, will correct bad breath from onions.

Freckle Wash.—Mix one dram of spirit of salt, half a pint of soft water, and half a tea-spoonful of spirit of lavender: apply with linen or a camel hair pencil.

Wash for Pimples.—Dissolve half a dram of salt of tartar in three ounces of spirit of wine, and apply as above.

Milk of Roses.—Put into a bottle two ounces of rose water, a tea-spoonful of oil of almonds, and twelve drops of oil of tartar: shake till well mixed.

Lady Derby's Soap.—Blanch and beat to a paste two ounces of bitter almonds, with a small piece of camphor, and one ounce and a half of tincture of benjamin; add one pound of curd soap in fine shavings, and beat well together.

Cold Cream.—Warm gently together four ounces of oil of almonds and one ounce of white wax; gradually adding four ounces of fresh rose-water.

Lip Salve.—Melt together one ounce of white wax, the same of beef marrow, and three ounces of white pomatum, with a small piece of alkanet root, tied up in muslin: perfume, and strain, while hot.

Hungary Water.—Put into a bottle one quart of spirits of wine, half a pint of water, and three-quarters of an ounce of oil of rosemary: shake together, so as to mix well.

Lavender Water.—Take of *English* oil of Lavender, three drams; rectified spirit of wine, one pint: shake in a quart bottle, and add an ounce of fresh orange-flower water, an ounce of fresh rose water, and four ounces of distilled water. Those who like the musky odour, may add two or three drams of essence of ambergris, or essence of musk.

Lavender Vinegar.—Prepare a stone jar or bottle, of the required size, and to each pint of vinegar put into it, add half an ounce of fresh lavender flowers; cover closely, and set aside for a day or two; then set the jar or bottle upon hot cinders for eight or ten hours; and, when cold, filter it, and bottle it for use, as a refreshing perfume.

To restore the Hair.—Make a pomatum by melting together equal quantities of beef or mutton suet and lard, and marrow from uncooked bones; with any kind of perfume.

Rum and oil of almonds, or olive oil, will keep the hair clean, and free from scurf, and promote its growth much more than the expensive scented oils.

To dye the Hair.—In a pint of any common wine dissolve two drams of salt, four drams of green copperas, and two drams of verdigris; boil together a few minutes, take from off the fire, and then add four drams of powdered nut galls. Rub the beard and hair with this composition, and, some moments afterwards, with a warm linen cloth, and then wash with common water. This preparation is harmless; but that containing caustic may produce erysipelas on the skin.

Almond Paste.—Blanch half a pound of sweet almonds and a quarter of a pound of bitter almonds, and beat them to powder in a mortar with half a pound of loaf sugar; then beat them into a paste with orange-flower water.

Spirit and Oil of Roses.—A few drops of otto of roses, dissolved in spirits of wine, form the *esprit de rose* of the perfumers; and the same quantity dissolved in fine sweet oil, their *huile antique à la rose*.

Essence of Musk.—Mix one dram of musk with the same quantity of pounded loaf sugar; add six ounces of spirit of wine: shake together, and pour off for use.

Musk is seldom obtained pure: when it smells of ammonia, it is adulterated; to preserve it, it should be made quite dry; when to be used as a perfume, it should be moistened.

Eau de Cologne.—Mix essence of bergamot, lemon, lavender, and orange-flower, of each one dram; essence of cinnamon, half a dram; spirit of rosemary, and honey water, each two ounces; spirits of wine, one pint: let the mixture stand a fortnight, after which put it into a glass retort, the body of which immerse in boiling water contained in a vessel placed over a lamp, while the beak of the retort is introduced into a large reservoir, (a decanter, for example,) and well luted: keep the water boiling, while the mixture will distil over into the receiver or decanter, which should be covered with cold wet cloths. In this manner may be obtained *eau de Cologne*, equally good with the best Farina, and at one-fourth of the price. A coffee-lamp, or nursery furnace, will best answer to boil the water.

The above is the most simple mode of *distilling*, without the regular *still*.

Naples Soap.—Put into a pipkin, or saucepan, half a pint of ley, (strong enough to bear an egg,) with two ounces of lamb suet, and one ounce of olive oil; simmer them over a fire until they be thick, when pour the mixture into a flat pan, cover it with glass, and expose it to the heat of the sun for seven weeks, stirring it once a day: the soap will then be made, and may be perfumed with a few drops of oil of ambergris, which should be well mixed: put the soap into small jars, and it will be improved by keeping.

Transparent Soap.—Put into a bottle Windsor soap, in thin shavings; half fill with spirits of wine, and set it near the fire till the soap be dissolved, when pour it into a mould to cool.

Pommade Divine.—Soak one pound and at half of beef marrow in spring water for a week, changing the water daily; then drain it dry on a cloth, and lay it in rose water for two days; dry the marrow again, and mix with it one ounce each of orris root, gum-benjamin, and storax, powdered; and cloves, cinnamon, and nutmeg, powdered, each two drams: put the whole into a three-pint silver or pewter pot, tie it over with linen and wet bladder, so that none of the perfume may evaporate, set the pot in a saucepan of water over the fire, and keep it boiling for three hours, taking care that the water does not reach the covering of the pot; then strain the liquid pomade through coarse linen into small pots, and, when it is cold, tie it over.

This composition was formerly much esteemed as a remedy for rheumatic pains; but it is now little used.

Shaving.—The hone and razor-strop should be kept in good condition. The German hone is best: it should be frequently moistened with oil, and lain up in a place where it will not readily become dry: if it be rubbed with soap, instead of oil, previously to using, it will give additional keenness and fineness to the edge of the razor.

The strop should also be kept moist with a drop or two of sweet oil: a little crocus and oil rubbed in the strop with a glass bottle will give the razor a fine edge; as will also a paste made of tutty powder and solution of oxalic acid.

Mr. Knight, president of the Horticultural Society, has invented the following apparatus and method of sharpening a razor. Procure a round bar of cast steel, three inches long, and about one-third of an inch in diameter; rub it smooth from end to end with glass paper; next, smear over its surface a paste of oil and the charcoal of wheat straw, and fix the steel into a handle. To set a razor, dip it in hot water, raise its back, and move it without pressure, in circles, from heel to point, and back again; clean the blade on the palm of the hand, and again dip it into hot water. This newly invented apparatus may be purchased at any cutler's.

A very small piece of nitre, dissolved in water, and applied to the face after shaving, will remove any unpleasant sensation; though the first application may be somewhat painful.

THE GARDEN.

Watering affords aliment to growing plants, and support to newly-transplanted ones; it keeps under insects, and clears the leaves of vegetation.

Many kitchen crops are lost for want of watering. Lettuces and cabbages are often hard and stringy; turnips and radishes do not swell; onions decay; cauliflowers die off; and, in general, all the flowers with petals in the form of a cross, become stunted, or covered with insects. Copious waterings in the evenings, during the dry season, will cause that fulness and juiciness which is so much prized in vegetables. But, too frequent waterings are highly pernicious, as they neutralize the juices of some vegetables, render them bitter, and make others insipid and disagreeable.

As a general rule, never water plants while the sun shines. The time should be in the evening, or early in the morning, unless it be confined to watering the roots, in which case, transplanted plants, and others in a growing state, may be watered at any time; and, if they are shaded from the sun, they may also be watered over the tops.

The water, if taken from a well or cold spring, should be exposed one day to the sun, otherwise it will chill the plants. A small quantity only should be applied at a time, that it may have the effect of refreshing rain; for too much water will sometimes wash away the finest mould from the roots, or make cavities about them, which admit too much air. The water should be cast at, rather than poured on, plants, as it will then fall more lightly.

The best water for plants is rain water; next, river water; pond water is not so good: but the worst is hard spring water.

The water should not be allowed to remain in the pan, under the pot, as it tends to rot the roots. The leaves of such plants as are juicy seldom require watering, lest too much moisture should rot them.

To kill Vermin on Plants.—Scrub the trunks and branches of trees, every second year, with a hard brush dipped in strong brine of common salt and water: which will destroy all insects and moss.

Or, in March, mix in a pipkin over the fire, half a pound of sulphur in six quarts of gas liquor, and thicken with soft soap; with which wash over the trees.

To kill the red spider in hothouses, in February or March, wash the brickwork with this mixture: take half a pound of sulphur, kill it with a little milk, add half a peck of hot lime and two small cakes of whitening, and mix the whole with water to the thickness of whitewash.

To destroy caterpillars, burn the branches of the vine, and soak

the ashes three or four days in water, with which water the plants infected. Or put some unslaked lime into a pail of water, let it stand half an hour to settle, and then pour off the water upon the plants.

Snails may be killed by sprinkling salt over the ground infected with them. Well-eut chaff will destroy slugs.

To destroy ants, syringe the trees with a strong decoction of potato haulm and elder leaves, mixed with water. Or, boil in a gallon of water, two pounds of quick lime, and one pound of sulphur, for twenty minutes: strain through a sieve, and shake before using.

For American blight, use spirits of turpentine and water.

Tobacco water is also much used for the above purposes; it is made by pouring a gallon of boiling water upon a pound of tobacco leaves, and straining it in twenty minutes.

Or, syringe the plants with this mixture: put into a jar five gallons of spring water and four ounces of chloride of lime, to which add four ounces of vitriol; when the lime is precipitated, pour off the clear solution, and keep it air-tight.

Or, mix coal tar and water, and sprinkle it over the infected plants.

Or, put into four gallons of water four ounces of soap, the same of sulphur, and half a pound of poisonous mushrooms; set the mixture over a moderate fire, stir well, and strain it for use.

Chamomile tea made strong, or chamomile leaves dried and powdered, will destroy insects.

Plants in Rooms and Towns.—Plants rarely flourish in rooms, as they cannot be well supplied with fresh air and moisture. In the open air of large towns, soot is constantly floating, which settles upon the leaves and chokes up the pores of plants; gas from the burning of coals is also injurious to plants, and in the atmosphere of London is an acid which turns the leaves yellow.

Plants require much light and fresh air; a light garret is an excellent place for them; even those which will not bear the outer air, must have the air of the room frequently freshened by ventilation, to preserve them in health. They should not stand in a draught of air. In frosty weather the windows should be kept close, and at night, the shutters. In sharp frost, instead of stirring out the fire, leave a little on retiring to rest, with a guard before it for security.

Cut Flowers in Rooms.—Nearly all flowers may be revived, when faded, by placing one third of the stalks in hot water; when it has become cold, the flowers will be reset and fresh; the end of the stalks should then be cut off, and the flowers put into cold water.

Or, dip flowers in spirits of wine for twenty minutes; at first they will appear to have entirely faded; but in drying, the colours will revive, and the fragrance be prolonged.

A few grains of salt put into the water with flowers, will keep them from fading.

Sand may be substituted for water.

Flowers may be preserved throughout the Winter, if plucked when

they are half blown, dipped stalks downward, in equal quantities of water and verjuice mixed, and sprinkled with bay salt; they should be kept in an earthenware vessel closely covered, and in a warm place; when, in mid-winter, if the flowers be taken out, washed in cold water, and held before a gentle fire, they will open as if in their first bloom.

Geraniums.—The shrubby kinds are commonly increased by cuttings, which, if planted in June or July, and placed in the shade, will take root in five weeks. They are the most tender, and when placed out of doors, should be defended from strong winds, and be so placed as to enjoy the sun till eleven o'clock in the morning. As the shrubby kinds grow fast, so as to fill the pots with their roots, and push them through the opening at the bottom, they should be moved every two or three weeks in Summer, and the fresh roots cut off. They should also be newly potted twice in the Summer; once about a month after they are placed abroad, and again towards the end of August. When this is done, all the roots outside the earth should be pared off, and as much of the old earth removed as can be done without injuring the plants. They should then be planted in a larger pot: some fresh earth should first be laid at the bottom, and on that the plant should be placed, so that the old earth adhering to it may be about an inch below the rim of the pot; it should next be filled up, and the pot slightly shaken: the earth must then be gently pressed down at the top, leaving a little space for water to be given without running over the rim; finally, the plant should be liberally watered, and the stem fastened to a stake, to prevent the wind displacing the roots before they are newly fixed.

As the branches grow, and new leaves are formed at the top of them, the lower ones may die, and should be plucked off every week or fortnight.

The tube-rooted geraniums may be increased by parting the roots in August, when every tuber with an eye will grow. Slips should be planted in May, June, or July, taking only the last year's shoots, from which the leaves must be stripped. When planted, give them water, and place them in the shade: when they have taken root, let them have the sun till eleven in the morning, and there remain until removed to their Winter quarters. The slips chosen for cutting should not be such as bear flowers; and they should be inserted about half their length in the earth.

Geraniums, except the shrubby kinds, require shelter from frost only, and should have free air admitted to them, when the weather is not very severe. In sultry weather, they should all be watered liberally every morning, except some few of a succulent nature, which must be watered sparingly; the latter may be known by plucking a leaf from them. Geraniums may be watered three times a week, when not frosty, in the Winter.

To strike Cuttings.—Mr. A. Forsyth much recommends the following new mode. Take a wide-mouthed 48-size pot, and lay at

the bottom broken tiles, or earthenware; then take a wide-mouthed small 60-sized pot, and stop the hole with a layer of clay; place it inside the other pot, on the tiles, so that the rims of both pots may be level; fill in the space between the pots with sand, or other propagating soil, according to the plant, and insert the cuttings in it, with their lower extremities against the inner pot; plunge the pot in a cutting frame, or under a bell or hand-glass, in a shady place out of doors, and let the inner pot be kept full of water. The supply of moisture will then be regular; the cuttings can be examined without injuring them, by lifting out the inner pot; and the plants, when rooted, may be parted for potting off, by taking out the inner pot, and cutting out each plant with its ball, without turning the pot upside down to get out the cuttings. This method is so simple as to be adopted by the amateur with pinks and wall-flowers, or the florist with valuable exotics.

Substitute for a Greenhouse.—Much of the produce of a greenhouse may be procured, at half the expense, by the use of a *pit*, which requires no other glass than the sashes which form its roof. Small salading may be produced in it throughout the winter. In it chiccory roots may be made to throw out their blanched leaves for winter salads, though this may be accomplished in a common cellar; tart-rhubarb or sea-kale may be forced in pots; as may parsley, mint, and other herbs. Bulbs may be forced; and a bloom of China roses may be kept up through the Winter. But, perhaps, the most important uses to which such a pit can be applied, is to preserve throughout the Winter, and to bring forward in Spring, pelargoniums, fuschias, salvias, verbenas, and other fine exotic flowers; and also half-hardy and tender annuals, for turning out into the flower-garden in the beginning of Summer.—*Loudon*.

To flower Mignonette.—To flower in November, sow August 10; to flower in the end of January, and throughout February, sow August 25; to flower in March, April, and May, sow September 5. Sow in 48-sized pots with their bottoms safely drained, in a compost of two-fourths mellow loam, one-fourth leaf mould, and one-fourth clean sand; put into frames within a foot of the glass, give the frame a good elevation, and thin the plants out to six or seven in a pot. Give all the air possible when not frosty, but mat up in severe weather. At all times, except when flowering, water cautiously.

Bulbous Roots.—The time to put bulbous roots, as the hyacinth, narcissus, and jonquil, into glasses filled with water, is from September to November, and the earliest will begin blooming about Christmas. The glasses should be blue, as that colour best suits the roots; put in water enough to cover the bulb one third; let the water be soft, change it once a week, and put in a pinch of salt at each change. Keep the glasses in a moderately warm place, and near to the light.

They should have fresh water about once in ten days. The leaves should not be plucked off before they decay, or the root will be

deprived of much of its natural nourishment. When they have decayed, the bulbs should be taken up, laid in the shade to dry, cleaned, and kept in sand in a dry place till wanted to replant. The offsets should be taken off, and planted according to size.

Any person having too many bulbs of one kind, will find no difficulty in exchanging them for others, at the shops where they are sold.

Gravel Walks.—To make a new walk, or improve an old one, dry road scraping, and reduce it finely; mix with it enough coal tar from gas-works to soak it, and then add a quantity of gravel: with this lay the foundation of the walk, and cover it with a thin coating of gravel: the walk will soon be hard, and will not be injured by wet, or disfigured by worms.

Gold and Silver Fish should not be put into water that has been boiled, else they will sicken and die: pure rain water is best adapted for them: Thames water is better than that of the New River: the covers of the vases are better made of fine catgut than muslin.

THE STABLE.

MANAGEMENT OF A HORSE.

WHEN a horse is brought in hot, loosen the girth, and allow the saddle to remain on for five minutes; do not hang his bridle at the stable-door; but let him be walked about in Summer, and in the Winter be put directly into the stable.

Cold water should not be given to horses while they are warm, as it will check the perspiration, and throw it back upon the stomach. The rough belly proves how imprudently the horse has been permitted to drink water whilst warm. Neither should the legs or feet of a horse be washed until he gets cold.

Horses prefer soft water, and it is best for them; if the water be very hard and brackish, put a small piece of chalk into a pail of water, some time before it is given to the horse.

Fourteen pounds of hay in one day, or one hundred pounds a week, with three feeds of corn a day, are sufficient for a horse that is not over-worked.

In travelling, after the principal feed, let a horse have not less than two hours' rest, that his food may have time to digest.

After a hard day's work, give a horse about two gallons of gruel, made with a quart of oatmeal, half a gallon of ale, half a quartern of brandy, and the proper quantity of water. Wetted bran may be advantageously given to lean horses.

To dress a Horse.—On entering the stable, first give him about a gallon of clean water in a clean pail; then shake up the best litter under the manger, sweep out the stall, and clean out the stable.

Whilst the horse is feeding, *dress* him : first, curry him all over with the currycomb, to loosen the dirt and dust on his skin ; then remove the dust with a whalebone brush ; next, smooth and cleanse the coat with a wisp of straw ; and again use the brush and currycomb, to take off what dust may remain ; after which, whisk him again with a damp lock of hay, and, finally, rub him down with a woollen or linen cloth.

Then turn round the horse in the stall, brush his head well, and wisp it clean and smooth with a damp lock of hay. Then wipe the dust and filth from the inside of the ears with a damp sponge, and draw the ears through the hands for a few minutes, until they are warm. Wash out the sponge, and with it cleanse the dust, &c., from the eyes ; sponge the nostrils, and then rub the whole head with a cloth, in the same manner as the body.

Next, turn the horse round into his proper situation, put on the head-stall, and with a sponge wash the dirt and filth from under the tail. Then, clean and lay the mane with a comb and water-brush, used alternately with both hands ; again wipe over the head and body, put on the body clothes, and fasten them with a surcingle.

Examine the heels, pick out the dirt from the feet, and wash the heels with a brush and plenty of water. If the horse has bad feet, they should be dressed and stuffed.

Lastly, shake hay into the rack ; and then the horse will be completely dressed.

Horse Flies.—To prevent horses being teased with flies, take two or three small handfuls of walnut leaves, upon which pour two or three quarts of soft cold water ; let it infuse one night, pour the whole next morning into a kettle, and let it boil for a quarter of an hour ; when cold, it will be ready for use. Nothing more is required than to moisten a sponge with the liquid, and before the horse goes out of the stable, let those parts which are most irritable be smeared over with the liquor, viz. between and upon the ears, the flank, &c.

To clean Harness.—Having washed off the wet dirt, sponge the harness clean, and hang it up to dry. Next, brush it with a dry, hard brush, and clean the brass ornaments.

For this purpose, mix a quarter of a pint of turpentine, with two ounces of rotten stone, two ounces of finely-powdered charcoal, and a quarter of a pint of droppings of sweet oil ; apply this paste with leather, and polish it off with powdered charcoal.

Or, clean the brass ornaments with the following mixture, which is used in the Royal Mews : dissolve one ounce of oxalic acid in a pint of water, to which add a pint of naphtha. To give the brass-work a fine colour, powder some sal-ammoniac, moisten it with water, and rub it upon the ornaments ; then heat them over charcoal, and polish with dried bran and whiting.

Or, wash the brass-work with a strong solution of roche alum, and polish it with tripoli.

To restore the colour of harness, clean it, and brush over it the following mixture :—boil half a pound of logwood chips in three

quarts of soft water, to which add three ounces of galls, bruised, and one ounce of alum.

To make harness durable and pliable, brush it over with neatsfoot oil, bought at the currier's, or tripe-dealer's. Or, use the following composition :—put into a pipkin one quart of neatsfoot oil, one pound and a half of tallow, two pounds and a half of lard, and three ounces of bees' wax : simmer, and stir, and when well mixed, take it off the fire, and when getting cool, add three-quarters of a pint of spirits of turpentine, in which are dissolved one ounce and a half of Indian rubber.

Blacking for Harness.—Put into a pipkin two ounces of mutton-suet, six ounces of bees' wax, one ounce of indigo in fine powder, six ounces of sugar candy, and two ounces of soft soap, dissolved in a little water ; simmer them with care over a slow fire, and add a gill of turpentine. Lay it on the harness with a sponge, and polish off.

Shoe-blackening may also be used for cleaning harness.

To clean a Carriage.—Wash the body and wheels with a mop, brush, and plenty of water. Then blacken and clean all the straps and leather ; the brass, or other ornaments, being first cleaned as those on harness. Next brush the inside lining, clean the glasses, and clean and trim the lamps. The wheels should be occasionally greased or oiled, and the linchpins examined. Stains may be removed from panels by rubbing them with sweet oil on baize, or with the palm of a dry, soft hand.

For Coach Wheels.—Melt over a slow fire one pound of lard, and half a pound of black lead, in powder, stirring them well ; remove the mixture from the fire, and continue to stir it till cold.

To clean a White or Drab Coat.—Mix pounded pipeclay and whitening, and tie them up in linen ; then lay the coat upon a table, strew bran on it, and rub it well with the cloth which has the pipeclay and whitening in it. If the coat be much soiled, brush well into the cloth, the way of the nap, some of the following :—mix pounded pipeclay and whitening, some fullers' earth, and a little stone blue, dissolved in beer or vinegar, enough to form the whole into a paste. When the coat is quite dry, it should be well rubbed, beat on a horse to get out the dust, and, lastly, well brushed.

Swallows' Nests.—To prevent swallows building under eaves, or in window corners, rub the places with oil, or soft soap.

Cheap Paint.—Tar mixed with yellow ochre, makes an excellent green paint for coarse wood-work, iron-fencing, &c.

Weather-proof Composition.—Mix a quantity of sand with double the quantity of wood-ashes, well sifted, and three times as much slackened lime ; grind these with linseed oil, and use the composition as paint, the first coat thin, the second thick ; and in a short time it will become so hard as to resist weather and time.

Or, slake lime in tar, and into it dip sheets of the thickest brown paper, to be lain on in the manner of slating.

HINTS FOR THE PRESERVATION OF HUMAN LIFE FROM FIRE.

Cautions.—Sweep chimneys regularly; sweep frequently the lower part of the chimney within reach; the kitchen chimney should be swept once a month. To extinguish a chimney on fire, *see page 412.*

Beware of lights near combustibles; of children near fires and lights; and do not trust them with candles. Do not leave clothes to dry by the fire unwatched, either day or night; do not leave the poker in the fire; see that all be safe before you retire to rest.

Every house should be provided with a *fire-escape* upon the simplest of all constructions—a rope fastened to each bedstead in the second-floor rooms, with a loop, or a sack at the end, by which children and women might be lowered into the street in the event of fire; when the last person descending would run no hazard from the rope giving way, as the bedstead coming in contact with the wall near the window, would prevent the possibility of a fall. The escape may be kept in a small box under the bed.

Persons in Danger.—When a *fire* happens, put it out in its earliest stage; if suffered to extend itself, give the alarm. Beware of opening doors, &c., to increase the fire by fresh air. Muster the whole family, see that none are missing. First save lives, then property. Think of the ways of escape: by the stairs, if no better way,—creep along a room where a fire is, and creep down stairs backwards on hands and knees—(heated air ascends); come down stairs with a pillow before your face, and a wet blanket round the body, and hold your breath; or try the roof of the adjoining house. Throw out of the window a feather bed to leap upon in the last extremity—fasten fire-escapes to the bed-posts first—send children down by the sack fastened to a rope, taking care of the iron spikes and area—then lower yourselves.

Means of Extinction.—The safety of the inmates being ascertained, the first object at a fire should be the exclusion of all fresh and the confinement of all burnt air—*suffocate* the flames—and remember that burnt air is as great, if not a greater enemy to fire than water. For both purposes, of excluding the one air, and confining the other, all openings should be kept as carefully closed as possible. The prevailing practice of *breaking windows* is peculiarly mischievous. The only excuse for this is the admission of water; but if the fire-men were provided with self-supporting ladders, (that need not lean against the wall,) they might direct the water-hose through a single broken pane, with ten times more accuracy than by their random squirting from the street. Water should be made to beat out the fire by its impetus; sprinkling is useless.

Neighbours and Spectators.—When a fire happens, let every respectable neighbour attend. Send instantly for engines, both of the parish and of the Insurance Companies, and the parish and other ladders and fire-escapes. Look for the nearest fire-plug—send instantly for policemen, and see they attend, and are active.

INDEX.

- ACID**, pyroligneous, uses of, 223
Acidity in beer, to prevent, 361
Acorns substituted for coffee, 78
Alabaster, to clean, 406
Alamode beef, 116
Alderney cows, excellence of, 329
Ale, to bottle, 365
 to brew nine gallons of, 362
Almond cakes, 298
 sponge cake, 297
 cheesecakes, 272
 to choose, 47
 custards, 275
 emulsion for coughs, 421
 paste, to make, 429
 pudding, 246
Almonds, bitter, use of, 279
Anchovy, a remedy for hoarseness, 421
 butter, 108
 essence of, 203
 paste, to make, 204
 sandwiches, 109
 sauce, 200
 toast, 109
Anised for children, 424
Antimony for pigs, 349
Ants, to destroy, 432
Apple bread, 299
 dumplings, 250
 fritters, 251
 jelly, 286
 in moulds, 287
 and custard, 281
 pic, 268
 puddings, 242
 puffs, 271
 sauce, 194
 soufflé, 274
 water for the sick, 315
Apples and pears, dried, 290
 to bake, 281
 choose, 43
 dry, 290
 and pears, to store, 68
Apricot, green, pudding, 243
 jam, 287
 tart, 268
Apricots, to preserve, 285
April, articles in season in, 53
Arnatto for colouring cheese, 340
Arrack, to imitate, 388
Arrow-root, to choose, 313
 jelly, 313
 and potato flour, 307
 pudding, 246
Artichoke bottoms, 236
Artichokes, to boil, 236
 in fricassees, 158
 fried, 236
 Jerusalem, 237
Articles in season throughout the year,
 52 to 55
Asparagus, to boil, 232
 to choose, 39
 cut, 73
 soup, 184
 clear, 183
Aspic salad sauce, 210
 or savoury jelly, 190
Asses' milk imitated, 310
August, articles in season in, 54
Bacon, to boil, 147
 choose, 32
 cure, 62
 in Bucks, 62
 Somerset, 62
 Wilts, 63
 with jugged hare, 167
 to keep, 111
 and potatoes for the poor, 323
 to prepare a hog for, 61
 prepare for larding, 88
 slices of, to dress, 149
Baked carp, 103
 haddock, or cod, 97
 herrings, and sprats, 101
 mackerel, 99
 mutton and rice for the poor, 323
 ox-check for the poor, 323
 pears, 282
 soup for the poor, 320
Bakewell pudding, 249
Baking cakes, art of, 292

- Baking a pig, 144
 rules for, 89
 Barbel, to choose, 28
 to dress, 104
 Barberries, to preserve, 283
 Barberry jam, 285
 Barley, to choose, 50
 broth for the poor, 322
 gruel, 308
 milk, 309
 pearl, 307
 pudding, 246
 Scotch, economy of, 321
 water, 309
 sweet, 309
 Bath buns, rich, 300
 hand shower, 418
 simple vapour, 419
 Baths, warm, to manage, 418
 Batter for frying, 87
 pudding, 239
 with fruit, 242
 for the poor, 325
 Beans, to choose, 39
 to keep, 73
 French, to boil, 230
 fricasseed, 230
 white haricot, 230
 Windsor, to dress, 230
 Bed-rooms, to scour, 409
 Beef, to dress, 114 to 126
 alamode, 116
 bouilli, 116
 sauce for, 116
 brisket, to stew, 117
 to carve, 19
 brose, 188
 to choose, 30
 collared, 124
 collops, 117
 edge-bone, to carve, 18
 fillet of, 118
 forcemeat, 126
 fricandeau, 124
 hashed, 124
 heart, to roast, 121
 hung, to boil, 115
 hunter's, 115
 joints of, 16
 to carve, 18
 to keep, 110
 olives, 124
 ox-cheek, to boil, 122
 ox-feet, or cow-heels, 212
 palates, 123
 Beef and pork, to salt, 58
 potted, 125
 roast, 118
 round of, to carve, 19
 rump of, a-la-mode, 120
 to stew, 119
 rump-steaks, to broil, 120
 and onions, 121
 and oyster sauce, 121
 to stew, 120
 quickly, 121
 to salt red, 60
 salted, to boil, 114
 sirloin, inside of, 118
 and sauer kraut, 115
 sausages, 126
 sirloin, rump, and ribs, to
 roast, 118
 inside, to dress as hare, 118
 and ribs, to carve, 19
 steak pudding, to enrich, 240
 stewed, for the poor, 322
 tea, 312
 tongue, to boil, 122
 larded, 123
 slices, 123
 stewed, 123
 tripe, to dress, 125
 and cow-heel sauce, 125
 Beds, to make, 410
 and bed-rooms, management of, 9
 Beer from barley, malt, and hops, 363
 to brew, 358
 cheap, 364
 finings for, 362
 flat or stale, to correct, 365
 to prevent, 366
 ginger, 391
 from honey-combs, 331
 to keep, 361
 from mangold wurzel, 364
 potatoes, 364
 strong, to brew, 358
 from sugar, 364
 table, 359
 without malt, 364
 to prevent turning acid, 361
 ripen, 366
 spruce, 391
 Bees, favourite food of, 354
 hives for, 350
 to keep for winter, 354
 unite, 352
 hiving, 351-352
 honey from the comb, 355

- Bees, honey, to take, 353
 management of, 350 to 355
 to purchase, 351
 sting, remedy for, 352
 swarming, 351
 wax, to extract, 355
 Beet-root, to choose, 40
 to dress, 232
 keep, 72
 pickle, 231
 in salads, 210
 Bengal chitni, 207
 Berry fruits, varieties of, 43
 Biffins, how cured, 46
 Biggin, coffee made in the, 395
 Bilberries, and cloudbberries, 48
 Birds, small, to roast, 166
 Biscuit, to devil, 214
 plain, 301
 sweet, 302
 pudding, 248
 Bitter almonds, use of, 279
 Bitters, fine, to make, 424
 Blackberries, 48
 Blackberry jam, 288
 wine, French, 375
 Black cherry water, flavour of, 279
 cock to dress, 165
 dye, 398
 puddings, to make, 150
 reviver, 398
 silk, rusty, to dip, 398
 Blacking, recipes for, 416
 for harness, 437
 for leather seats, 411
 paste, to make, 416
 Blane-mange, to make, 273
 eggs, 273
 Blanching, rule for, 89
 Blankets, to keep from moths, 403
 Blanquette of turkey or fowl, 160
 of veal, 131
 Bleaching ivory, 406
 linen, 402
 Bleeding from leeches, to stop, 425
 at the nose, to stop, 426
 Blue dye, 398
 mould on cheese, to produce, 340
 Boiled salad, 211
 Boiling, to calculate, 83
 fast and slow, 82
 rules for, 81
 Bones, value of, for making soups, 316
 Boning poultry or game, 163
 Bonnets, straw and chip, to dye, 399
- Books and accounts in housekeep-
 ing, 2
 to clean, 407
 Boots and shoes to make water-proof,
 416
 Borax, uses of, 424
 Borecole, to choose, 38
 to dress, 232
 Bottle cement, 208
 Bottled fruits, 291
 red currants, 291
 Bottles, to cleanse, 407
 Bottling home-made wines, 370
 Bouilli, beef, 116
 Brains, calves, 133
 Braized chickens, 157
 ham, 148
 pigeons, 165
 Braizing, rules for, 88
 Bramble, uses of the, 77
 Brandied cherries, 289
 fruits, 290
 Brandy, cherry, 384
 to improve, 384
 lemon, 385
 raspberry, 384
 Brass and copper, to clean, 411
 door-plates, to clean, 406
 inlaid, to polish, 406
 plate coal-merchants, 51
 Brawn, to choose, 32
 to cure, 66
 Bread, apple, 299
 brown, 306
 excellent, 306
 choice of flour for, 302
 crumbs for frying, 86
 cut for dinner, 11
 economy in, 4
 of flour for, 306
 French, and rolls, 306
 heat of water for making, 305
 home-made, 302
 loaves to shapen, 304
 ovens for baking, 304
 potatoes in, 302—305
 puddings, 243
 for the poor, 326
 and butter pudding, 244
 rice in, 305
 sauce, 194
 short, 299
 sponge to, set, 302
 for toasting, 305
 yeast in, 302

- Breakfast cakes, 300
 Breast of veal, 127
 collared, 128
 ragout, 128
 Breeches balls, to make, 407
 Brewing, best seasons for, 356
 boiling, 360
 cooling, 360
 fermenting, 360
 malt and hops for, 357
 mashing, 359
 mash-tub and coolers for, 356
 temperature of the wort, 359
 utensils for, 356-357
 water for, 358
 Brewis, to make, 328
 Brill, to boil, 91
 to choose, 27
 Brine, to make, 58
 Brisket of beef, to stew, 117
 Britannia metal, to clean, 411
 Broccoli, to boil, 228
 to choose, 38
 Broiled game or wild fowl, 155
 mackerel, 99
 salmon, 94
 Broiling, fire for, 85
 rules for, 85, 86
 Broma, fine, 396
 Broth, barley, for the poor, 322
 calves' feet, 311
 chicken, 179
 from eels, 102, 311
 excellent, 311
 mutton, 181, 312
 Scotch barley, 182
 sheep's head, 181
 for the poor, 322
 veal, 176, 311
 veal, for the poor, 320
 Brown bread, 306
 excellent, 306
 for invalids, 312
 dye, 308
 gravy, or eullis, 176
 sauce, 194
 Browning for soups, gravies and
 sauces, 175
 Bruises, remedies for, 421
 Brushes, hair and clothes, to wash, 410
 Brussels sprouts, to choose, 38
 to dress, 228
 as dressed at Brussels, 228
 Bubble and squeak, 115
 Bug poisons, 408, 414, 420
 Bulbous roots, to manage, 9, 434
 Buns, Bath, rich, 300
 currant, 299
 plain, 299
 seed, 299
 Burns and scalds, remedies for, 422
 Burnt butter, 193
 cream, 277
 Butter, the best, 329
 to choose, 36
 clarify for potting, 166
 melt, 193
 cold to shape, 214
 colour of, 329
 fresh, to ensure, 336
 good in Winter, 335
 in hot weather, 335
 as made in Ireland and Scot-
 land, 334
 to make, 333
 made from one cow, 330
 to make up, 335
 from milk and cream, 334
 to preserve without salt, 336
 prints and moulds for, 335
 rancid, to correct, 336
 salt, to make fresh, 337
 turnip-flavoured, to prevent, 335
 to salt or store, 336
 warm without oiling, 239
 whey, 337
 to work, 334
 Cabbage, red and white, to pickle, 222
 soup, 186
 for the poor, 321
 Cabbages, to boil, 227
 to choose, 38
 stew, 227
 red, to stew, 227
 Cabinet pudding, 250
 Cakes and bread, 292 to 317
 almond, 298
 art of baking, 292
 breakfast or tea, 300
 without butter, 293
 caraway, sweet, 296
 cheap and quickly made, 295
 colouring for, 279
 common, 294
 Derby, or short, 295
 diet-bread, 298
 ginger, 296
 good, 294
 Hill's, (Mrs.) 295

- Cakes, icing for, 295
 to keep, 292
 lemon, excellent, 297
 plain, 294
 plum, plain, 293
 rich, 293
 small, 293
 pound, 297
 family, 297
 ratifia, 298
 rice, 296
 roux, 298
 Sally Lunn, tea, 301
 Savoy, in a mould, 297
 seed, 294
 light, 295
 rich, 294
 short, 295
 Shrewsbury, 295
 sponge, almond, 297
 in a mould, 297
 tea, plain, 296
 rich, 297
 tipsy, 274
 trifle, 276
 yeast, 300
 Yorkshire, 300
 Cale cannon, 236
 for the poor, 324
 Calf's brains, 133
 feet broth, 311
 jelly, to make, 279
 and ears, 133—134
 and milk, 311
 head, to dress, 132
 hashed, 133
 liquor for soup-stock, 133
 to carve, 19
 pic, 264
 kidney, 134
 liver and bacon, 134
 liver and lights, 134
 Calico, glazed, to sew on, 398
 Camp vinegar, 207
 Candles and lamps, comparative economy of, 50
 and soap, to store, 50
 Candying, simple method of, 282
 Canvass covers for meat, 112
 Caper sauce, 198
 for fish, 201
 Capers, substitutes for, 198
 Capillaire, 300
 Capons, to boil, 156
 to fatten, 346
 to roast, 157
 where finest, 35
 Capsicums, to pickle, 221
 Carageen, or Irish moss, 310
 Caraway cakes, sweet, 296
 Carp, to bake, 103
 boil, 103
 choose, 27
 stew, 102
 Carpet, to beat, 410
 to clean, 410
 Carriage, to clean, 437
 Carrots, to boil, 223
 choose, 39
 clean, 233
 keep, 72
 stew, 233
 Carrot soup, 185
 Carving, importance of, 13
 instructions for, 14 to 25
 knife, a good one, 15
 taught as a science, 14
 Cascarilla bark in smoking, 419
 Cashmere to clean, 402
 Casks, to sweeten, 392
 Casking home-made wines, 370
 Cast-iron, to clean, 411
 Caterpillars, to destroy, 431
 Caveach, or pickled mackerel, 100
 Caviare, 109
 Cautions against fire, 439
 Caudle, brown, 308
 flour, 308
 rice, 309
 white, 308
 Cauliflower, to boil, 228
 to choose, 38
 keep, 74
 pickle, 220
 with Parmesan cheese, 228
 and white sauce, 228
 Cayenne pepper, to choose, 49
 gargle, 427
 Celeriac or celerie rave, to dress, 231
 Celery, to choose, 40
 fry, 230
 keep, 71, 72
 stew, 231
 sauce, 199
 soup, white, 186
 soup, 183
 Cellar-books, 2
 Cement for bottles, 208
 for broken crockery and glass, 7, 415

- Chalk mixture, to make, 421
 Chambers of the sick, to purify, 419
 Chamomile flowers, to dry, 75
 tea, to make, 423
 Champagne, gooseberry, 372
 to ice a bottle of, 381
 Char, to dress, 104
 to pot, 104
 Charcoal fires, for cooking, 86, 87
 ill effects of, to prevent, 413
 to light fires, 412
 prepare for the teeth, 427
 use of, in recovering meat, 111
 Chardoons, to dress, 236
 Cheap and quickly made cakes, 295
 paint, 437
 soup, 187
 Cheapening the market, 11
 Cheese-making, 337 to 344
 butter in, 338
 Cheshire, to make, 341
 to choose, 36
 colour, 339, 340
 cream, modes of making, 343
 damson, 289
 double Gloucester, to make, 342
 frame, new, 341
 to improve, 340
 keep, 338
 new, to make, 344
 Parmesan and Fondus, 214
 and macaroni, 213
 plum, 289
 potato, to make, 344
 to roast, 213
 stewed, 213
 Stilton, to make, 342
 to store, 341
 toast, 213
 varieties of, 337
 Cheesecakes, to make, 271
 almond, 272
 lemon, 272
 orange, 272
 Cheese-vats, 335
 Chelsea-pensioner's recipe for gout
 and rheumatism, 427
 Cherries, to choose, 43
 dry, 290
 with brandy, 289
 sugar, 290
 and plums, to pack, 79
 Cherry brandy, 384
 or damson batter pudding, 242
 wine, 376
 Chervil and shalots in salads, 209
 Cheshire cheese, 341
 Chestnuts, to choose, 47
 Chestnut sauce for roast turkey, 202
 pudding, 248
 to store, 70
 prepare for turkeys, 56
 Chickens, to braize, 157
 broth, 179
 cold, to fry, 157
 curried, 159
 frieassee of white, 158
 and ham patties, 266
 mulligatawny, 179
 panada, 314
 pie, 258
 raised, 258
 rich, 258
 pulled, 160
 white sauce for, 203
 Chieeory or sueeory, to prepare, 78
 Chilblains, remedies for, 422
 Chili vinegar, 207
 Chimney on fire, to extinguish, 412
 Chimneys, sweeping, 438
 China, cement for, 415
 Chine of pork, 144
 Chintz, to wash, 400
 Chitni, Bengal, 207
 Chives and shalots, 41
 Chloride of lime, to use, 419
 Chocolate, fine, 396
 to make, 396
 Chops, lamb, 142
 mutton, 138
 with shalots, 139
 pork, 146
 Churn, to manage, 333
 Churning, temperature for, 333
 Cider, American, 367
 to bottle, 367
 and perry, to make, 366
 vinegar, 216
 Cinnamon, to choose, 50
 cordial, 385
 Citron, uses of the, 47
 Cleaning silks, 400
 with potatoes, 401
 and scouring, recipes for, 403
 Cloth, to make water-proof, 417
 to remove spots from, 402
 Cloths for the kitchen, 7
 Clothes, to keep from moths, 403
 Clouted cream, 276
 Coach wheels, to manage, 437

- Coals, economy in purchasing, 51
 Coat, drab or white, to clean, 437
 Cockle ketchup, 205
 Cockroaches, to destroy, 414
 Cocky leeky, 186
 Cocoa, to make, 396
 Cod-fish, to boil, 95
 to choose, 26
 help or carve, 17
 crimped, 96
 curried, 96
 or haddock, to bake, 97
 to keep, 96
 pie, 261
 to salt, 56
 scallops of, 96
 sounds, 97
 Codlin tart, 251
 Coffee, to make, 394
 after dinner, 12
 in the biggin, 395
 to choose, 49
 cream, 277
 French method of making, 395
 milk, 310
 to roast, 394
 substitutes for 78
 succory in, 305
 sugar for, 395
 Cold and damp feet, 427
 roast meat, to warm, 119
 turbot, to dress, 92
 Collared beef, 124
 breast of mutton, 137
 breast of veal, 128
 eel, 102
 College pudding, 251
 Collops, beef, 117
 halibut, 98
 Scotch, 129
 veal, 129
 Colouring, cheap, for rooms, 411
 Common cake, 294
 Composition, weather-proof, 437
 Compôte of pigeons, 165
 Constantia, imitative, 375
 Cookery, good and bad, 80
 for the poor, 317 to 328
 sick, 308 to 315
 rudiments of, 80 to 89
 Cooking in large quantities advantageous, 316
 Cooling draught, 392
 wine, error in, 382
 Copper and brass, to clean, 411
 Copper saucepans, danger from 5, 89
 Corateli, 206
 Cordial, cinnamon, 385
 ginger, 385
 Cordials and liqueurs, to make, 385
 Corn for fowls, 347
 plaster, to make, 422
 salad, 211
 Corns and warts, to destroy, 422
 Covent-garden measures, list of, 48
 Coughs, mixtures for, 421
 Counterpane, cotton, to clean, 401
 Cow-heel jelly, 190, 280
 stewed for the poor, 323
 sauce for, 125
 Cow, quantity of butter from one, 330
 Cows, management of, 329
 to milk, 330
 Cowslip wine, 377
 use of the, 76
 Crabs, to boil, 105
 pot, 106
 and lobsters, to choose, 28
 Cranberries, to choose, 43
 Cranberry tart, 268
 Cray-fish soup, 189
 Cream, burnt, 277
 cheese, 343
 clouted, 276
 coffee, 277
 colouring for, 279
 fancy, 277
 gauge, use of the, 332
 Italian, 277
 lemon, 277
 mille-fruit, 277
 mock, 277
 orange, 277
 pastry, 272
 pine-apple, 277
 raspberry, 277
 juice for, 278
 ratifia, 277
 soufflé, 274
 stone, 276
 strawberry, 277
 superior, 331
 to keep, 332
 store, 330
 whip, 276
 Crickets, to destroy, 414
 Crimped cod-fish, 96
 skate, 98
 Crockery and glass, to prevent crack-
 ing, 6

- Cructa, management of, 12
 Crust, *see* Paste
 on boilers and kettles, 5
 from glass, to remove, 407
 Cucurber in curries, 207
 to dress, 212
 preserve, 284
 and onions, sliced, to pickle, 222
 sauce, 198
 to stew, 234
 varieties of, 40
 Cullis, to make, 176, 194
 Cumberland pudding, 248
 Curacoa, to make, 336
 Curdler for making cheese, 338
 Curds and cream, to serve, 333
 and whey, 333
 gallina, 333
 Curing fish, 56, 57
 meat, 58 to 66
 pork, 61
 Currant buns, 300
 Currant dumplings, excellent, 251
 jam, 287
 jelly, black, 286
 red, 286
 white, 286
 wine, 373
 black, red, and white, 374
 American, 375
 French, 375
 red, to bottle, 291
 in brandy and whisky, 70
 to choose, 42
 pick, 238
 red and white, to keep, 70
 sauce for venison, 201
 syrup of, 391
 Currie-powder for mulligatawny, to
 make, 180, 207
 instructions for using, 160
 curried chickens, 159
 cod-fish, 96
 game, 159
 lobsters, 106
 partridges, 164
 veal, 129
 Curries, ingredients of, 207
 Curtain-linings & furniture, to dye, 398
 moreen, to clean, 398
 Custard pudding, 247
 almond, 275
 boiled and baked, 274
 rich, 275
 Cutlery, choice of, 51
 Cutlets, lamb, 139, 142
 lobster, 106
 Maintenon, 131, 139
 mutton, 139
 and French beans, 139
 pork, and tomato sauce, 146
 veal and bacon, 130
 Cuts, choice, in carving, 15
 Cuttings, to strike, 433
 Dairy, the, 329 to 344
 management of the, 331
 temperature of the, 331
 utensils, the best, 331
 Damp bed, to detect, 9
 walls, to prevent, 411
 Damson cheese, 289
 jam, 288
 wine, 376
 Dandelion roots substituted for coffee, 78
 Danger from copper saucepans, 89
 Deafness, temporary, 427
 Decanters, to clean, 407
 danger of breaking, 7
 stopper, to loosen, 7
 December, articles in season in, 55
 Derby cakes, 295
 Derby's (Lady) soap, 428
 Devonshire junket, 275
 method of scalding milk, 332
 Devilled biseuit, 214
 turkey, 156
 Diarrhea, remedy for, 426, 427
 Diet-bread cake, 298
 Digester, use of the, 317
 Dinners, art of giving, 10
 cheap and nourishing, 327
 management of one, 10 to 13
 helping at, 13
 large, to prepare for, 30
 party, etiquette of one, 13
 proper provision for, 11
 table, arrangement of the, 10
 Dishes, placing on table, 12
 Dish-covers, to clean, 411
 Domestic economy, the art of, 1
 management, on, 1 to 4
 remedies, 418 to 430
 vices, error in making, 363
 Dorking fowls, 33, 346
 Dory, the, to choose, 27
 Doubing and larding, 88
 Double Gloucester cheese, 342
 gridiron, 86
 Drab or white coat, to clean, 457

- Draining fried articles,** 87
Draught, cooling, 392
Dried cherries with sugar, 299
 herrings, 57
Drink, imperial, 392
Drinking, habitual, fatal to cooks, 80
Dripping, clarified, 86
 paste, beef, 257
Ducks, to boil, 162
 carve, 24
 choose, 34
 fatten, 347
 hash, 164
 roast, 162
 stew, 162
 truss, 153
Dutch beef, 60
 sauce, plain, 196
 rich, 196
Dumplings, apple, 250
 excellent, 251
 suet, 250
 how best boiled, 320
 meat, for the poor, 325
 potato, for the poor, 326
 yeast, 251
Dyeing, recipes for, 397
Dyes, various, 397
Ear-ache, remedy for, 426
Eatable gourds, 231
Eau de Cologne, to distil, 429
Economical hints for the kitchen, 4 to 9
Economy in expenditure, rules for, 2
Eels, boiled, 102
 broth, 102
 for the sick, 311
 fried, 101
 matelot of, 102
 pic, 260
 to roast, 102
 soup, 188
 to choose, 28
 collared, 102
 spitchcock, 101
 to stew, 102
Eggs and bacon or ham, 169
 balls, 135
 to break and beat, 239
 choose, 36
 for clarifying syrup, 233
 fricassee, 169
 to keep, 168
 and minced ham, 169
 to poach, 168
Eggs, sandwiches, 169
 sauce, 198
 savoury or ragoût, 169
 sea-gull, 170
 plovers', 169
 in the shell, to boil, 168
 and spinaach, or sorrel, 170
 substitutes for, in salads, 238
 in jaundice, 427
 plant, fruit of the, 75, 237
 wine, 384
Elder pickle, 221
 tree, uses of the, 77, 111
 wine, 376
 white, 377
Endive, to choose, 40
 sauce, 199
 to stew, 231
Epping and Cambridge butter, 36
Essence of anchovies, to make, 203
 of lemon peel, 203
Etiquette of a dinner party, 13
Expenditure, economical, rules for, 2
Eye-water, simple, 426
Fainting, remedy for, 426
Fancy cream, 277
Fat for frying, 86
 of meat, to keep, 111
 to tell when boiling, 86
Fattening pigs, 349
 poultry, 346
Fawn, to dress, 114
 to truss, 154
Feathers, to clean from oil, 403
 elasticity of, to restore, 403
February, articles in season in, 52
Fenders, to clean, 412
Fennel sauce, 193
Fevers, beverage in, 424
Figs, to choose, 45
Filberts, to choose, 47
 to store, 71
Fillet of beef, 118
 mutton, stewed, 136
 veal, to carve, 19
 roast, 126
Fillets of soles, 92
Filtering bag, to make, 383
Filters for water, 413, 414
Finings for wine, 392
 for beer, 362
Finnan haddocks, to cure, 57
Finger-glasses, use of, 10
Fire, hints for preserving life from, 439

- Fire for roasting, 83, 84
 irons, to clean, 412
 in a chimney, to extinguish, 412
 to light, 411
 Fires in rooms, management of, 4
 and stoves, economy in, 4
 Fire-balls, to make, 413
 Fish, to boil, 90
 British, where finest, 29
 to broil, 90
 choose, 26 to 29
 clean, 90
 cure, 56, 57
 dress, 90 to 109
 fry, 87, 90
 garnish, 90
 gold and silver, to keep, 435
 to help or carve, 17
 how to be kept, 29
 or meat sauce, a bottle of, 203
 omelet, 96
 salt, to dress, 97
 sauce, rich, 201
 seasons of, 52, 53, 54, 55
 to serve, 90
 soups, 188
 Flannels, to scour, 401
 to wash, 399
 Flat or stale beer, to correct and pre-
 vent, 365, 366
 Flavouring, art of, 80
 Fleas, to drive away, 415
 Flies, to destroy, 415
 to keep from horses, 436
 Floating island, 273
 Floorecloths, to clean, 410
 and mats, in kitchens, 7
 Flounders, to choose, 27
 to dress, 104
 Flour, economy of, 302, 303, 306
 Flowers, cut, in rooms, 432
 to keep through the winter, 432
 Flummery, to make, 273
 French, 274
 Flyguard, new, 414
 Food for bees, 354
 Fondus, to make, 214
 Force-meat, beef, 126
 for hare, 167
 mock-turtle soup, 178
 patties, 267
 for soles, 93
 veal, 134
 Forks, to clean, 405
 Four-fruit liqueur, 387
- Fowls, to choose, 33
 choice of, for breeding, 345
 bantams, 346
 Dorking, 345, 346
 dunghill, 345
 eggs, finest, 345
 fattening, 346
 flesh, finest, 345
 Friesland, 346
 game-cock, 345
 Malay, 345, 346
 Poland, 345, 346
 Russian, 346
 Scotch Russian cross, 345
 Spanish, 345, 346
 warmth for, 347
 Fowl, blanquette of, 160
 Fowls, to boil, 156
 to broil, 157
 carve, 22
 hash, 160
 pulled, 160
 roast, 157
 gravy for, 191, 192
 jelly, 160
 sauce for, 202
 stewed with rice, 157
 stuffing for, 157, 163
 truffles with, 160
 to truss, 151
 Frangipane tart, 269
 Freckle wash, 428
 French beans, to boil, 230
 to keep, 73
 to pickle, 222
 salad of, 212
 bread and rolls, 306
 and English Cookery, 11
 flummery, 274
 method of curing hams, 65
 making coffee, 395
 polish, to clean, 405
 Fresh-water fish, mode of keeping, 2
 sauce for, 200
 Fricandeau, beef, 124
 veal, 129
 Fricassee calves' feet, 134
 eggs, 169
 French beans, 230
 Windsor beans, 230
 Fricassee of chickens, brown, 151
 white, 158
 Fried articles, to drain, 87
 eels, 101
 oysters, 10

- Fried patties, 267**
 skate, 98
 smelts, 98
 soles, 92
 whittings, 100
Fritters, apple, 251
 to make, 251
Frontignac, imitative, 377
Frozen apples, to thaw, 69
 meat, to thaw, 112
Fruit, to bottle, 291
 choose, 42 to 48
 gather, 67
 in jelly, 287
 to keep, 67
 to pack, 79
 pies and tarts, 267
 puddings, boiled and baked, 242
 room, management of the, 69
 to store, 67
 vinegar, 216
Fruits, in brandy, 290
 forced, inferiority of, 42
 directions for preserving, 283
 for wine-making, 368
Frying-pans, choice of, 87
Frying, rules for, 86, 87
Fuel, waste of, in cooking, 82
Fullers' earth, use of, 410
Fumigating pastiles, 419
Furniture, to clean, 405
 oil, 405
 paste, 405

Gallina euds and whey, 333
Game, to bone, 163
 choose, 34
 currie, 159
 keep, 36
 potted, 126
 to recover, 155
 seasons of, 52, 53, 54, 55
 to truss, 153
Garden, management of the, 431 to 435
 beans, to choose, 39
Gargles, to make, 427
Garlic, to keep, 72
 and roast mutton, 235
 sauce, 196
 or shalot vinegar in gravy, 192
Garnish for dressed fish, 90, 91
Gathering fruit, 67
Geese, to choose, 33
 fatten, 347
 truss, 152

Gelatine, broth from, 317
 nourishment in, 317
 to prepare, 317
Geraniums, to manage, 433
German fish salad, 212
 paste for cage-birds, to make, 349
 polish, 417
 saucepan, the, 6
 sausages, 66
 silver, use of, 6
Gherkins, to pickle, 222
 preserve, 284
Giblet pie, 259
 soup, 181
Giblets, to stew, 163
Gilt articles, to clean, 406
 frames, to clean, 406
GIN punch, summer, 389
Ginger-bread, excellent, 298
 nuts, 298
 plain, 298
 beer powders, 392
 cakes, 296
 cordial, 385
 to preserve, 284
 wine, 380
Glasgow punch, 388
Glass, crust on, to remove, 407
 thick and thin, 7
 and china, to prevent cracking, 7
Glaze, to make, 189
 for pastry, 272
Glazed potatoes, 226
 vessels, danger from, 414
Glazing, instructions for, 83
Gloves, to clean, 408
 dry, 408
 wash, 400
Gloucester jelly, 313
Gluc, rice, to make, 415
Gold chain, to clean, 407
 and silver fish, to manage, 435
 or silver lace, to clean, 408
Good cake, 294
 Friday buns, 299
 soup for the poor, 319
Goose, apple-sauce for, 194
 to carve, 24
 hash, 162
 roast, 161
 roast, sauce for, 161
Gooseberries, to choose, 42
 verjuice from, 217
Gooseberry champagne, 372
 fool, 282

- Gooseberry jam, 287
 Scotch, 283
 sauce, 199
 wine, French, 372
 ripe, 372
 Gourds, to choose, 48
 eatable, 231
 uses of, 74
 Gourd soup, 186
 to stew, 232
 Gout and rheumatism, remedy for, 427
 Grape jelly, 281
 ratifia, 386
 wine, 371, 372
 Grapes, to choose, 46
 pack, 79
 store, 69
 verjuice from, 217
 Grated hung beef, 115
 Grates, to clean, 412
 Gravel-walks, to make, 435
 Gravy, brown or cullis, 176
 cheap, without meat, 191
 cheap veal, 191
 to draw, 191
 in a few minutes, 192
 for fowls, without meat, 192
 to keep, 192
 rich, for poultry, 191
 for roast meats, 119
 for roast haunch of mutton, 135
 for sturgeon, 93
 veal, 176
 for venison, 112
 soup, brown, 175
 white, 177
 Gravies, 190, 191
 browning for, 175
 thickening for, 193
 Grayling, to choose, 28
 to dress, 104
 Grease-spots, to remove, 400
 Green dye, 398
 sauce, 196
 Greengages, to preserve, 283
 Greenhouse, substitute for, 434
 Greens, to boil, 227
 choose, 33
 Gridiron, care of the, 85, 86
 Grilled shoulder of lamb, 143
 poultry, sauce for, 161
 Grocery, hints for purchasing, 49
 Ground-rice milk, 310
 Grouse, to dress, 165
 Gruel, to make, 308
 Gull, black-headed, young of the, 35
 Guinea-fowls, to dress, 162
 truss, 153
 Guns, to preserve from rust, 412
 Gurnard, to bake, 103
 boil, 103
 fry, 104
 Haddock, to bake, 93, 97, 100
 choose, 27
 cure, 57
 dress, 100
 finnan, 57
 salted, to boil, 100
 Hair, to dye the, 429
 to restore, 429
 and clothes brushes, to wash, 410
 Halibut, to dress, 98
 Ham, to bake, 148
 to boil savoury, 148
 braize, 148
 carve, 21
 choose, 32
 cure, 63
 dress, 148
 and eggs, 149
 French, 65
 mutton, to dress, 138
 potted, 125
 relish, 149
 slices, 149
 Westmoreland, 64
 Westphalia, 64
 York, 64
 Hamburgh pickle, to make, 59
 Hanging meat, 111, 112
 Hard pudding, 241
 and soft water, to choose, 5
 Hare, to baste, 167
 to carve, 25
 to hash, 167
 to jug, 167
 pie, 258
 cold, 259
 to pot, 168
 to roast, 166
 soup, 183
 stuffing for, 166
 wine sauce for, 167
 Hares and rabbits, to choose, 3
 to truss, 154
 Haricot mutton, 139
 veal, 131
 white beans, 230
 Harness, to clean, 436

- Hartshorn jelly, 313
 Hashed beef, 124
 fowl or turkey, 161
 goose or duck, 161
 hare, 167
 mutton, 133
 venison, 114
 Hasty pudding, 241
 Hats, to scour, 399
 clean, 399
 straw or chip, varnish for, 416
 Haunch of mutton, to roast, 135
 of venison, to roast, 112
 Heart, beef, to roast, 121
 Hemp-seed jelly, 314
 Hen, period of sitting, 346
 Hens, to make lay through the Winter, 346
 Herb powder, savoury, 76, 208
 soup, 184
 Herbs, to dry, 75
 Herrings, to bake, 101
 dry, 57
 pot, 101
 and potatoes baked, for the poor, 323
 fresh, to dress, 100
 red, to dress, 101
 salt, to dress, 101
 to salt, 57
 smoke, 57
 and sprats, to choose, 27
 Hiccough, to prevent, 425
 Hill's (Mrs.) Cakes, 295
 Hives for bees, 350, 352
 of bees, to keep, 354
 Living bees, 351, 352
 Hoarseness, remedies for, 421
 Hog's lard, 62
 puddings, to make, 150
 Holkham, mode of keeping fruit at, 69
 Home-brewing, 356 to 367
 Hop-tops and nettles eaten as vegetable, 228
 Hot water, uses of, 425
 Home-wine making, 368 to 383
 Honey-combs, beer from, 381
 from the combs, to obtain, 355
 to take, without destroying the bees, 353
 Hops, to choose, 338
 Horse-chestnuts used in bleaching and washing, 8
 Horse, management of, 435
 to dress, 435
 Horse flies, to drive away, 436
 radish, to keep, 73
 sauce, 197
 Hotch-potch, to make, 150
 for the poor, 327
 House-cleaning, recipes for, 405 408
 Housekeeping books, 2
 Houseleek, use of the, 76
 Housemaid's box and mat, 409
 Huish bee-hive, the, 352
 Hung beef, 60
 cheap, 60
 for grating, 115
 Hunters' beef, 115
 Hysterics, remedy for, 426
 Ice, to keep, 279
 Iced beverages at dinner, 12
 Icing for cakes, 295
 for pastry, 272
 wine, instructions for, 381
 Ices, to make, 278
 to serve, 278
 Iceland moss drink, 310
 Imperial drink, 392
 Indian corn, to dress, 325, 326
 cress, or nasturtium, 75
 pink, use of, 77
 salad, 211
 Infection, to prevent, 419
 Ink for marking linen, 403
 spots, to remove from furniture, 406
 for writing, excellent, 417
 Insects in gardens, to destroy, 432
 to free salad from, 209
 Instructions for carving, 14 to 26
 Invalids, pudding for, 312
 Iris, yellow, use of, 77
 Irish moss jelly, 310
 stew, 140
 Isinglass jelly, 312
 Italian cream, 277
 lemonade, 389
 salad, 212
 sauce, 196
 Ivory, to bleach, 406
 Jack, to dress, 103
 Jam, apricot, 287
 barberry, 285
 blackberry, 288
 currant, 287
 damson, 288
 plum, 287
 raspberry, 287

- Jaun, red gooseberry, 287
 strawberry, 287
 Jams and jellies, to keep, 286
 January, articles in season in, 52
 Japan-work, to clean, 407
 Jaundice, eggs in, 427
 Jellies and jams, to manage, 236
 overboiling, 283
 Jellies, wine in, 281
 Jelly, apple, 286
 in moulds, 287
 and eustard, 281
 arrow-root, 313
 black currant, 286
 calves' feet, 279
 to clear, 280
 cow-heel, 190, 280
 Gloucester, 313
 hartshorn, 313
 hemp-seed, 314
 Iceland and Irish moss, 310
 isinglass, 312
 lemon, 280
 orange, 280
 ox-heel, 314
 punch, 281
 red currant, 286
 rice, 314
 sago, 309
 savoury, or aspic, 190
 shank, 313
 strengthening, 314
 tapioca, 314
 white currant, 286
 with fruit, 287
 Joints, list of, 16, 17
 to prepare for dressing, 81
 Jugged hare, 167
 Julienne soup, 183
 July, articles in season in, 54
 June, articles in season in, 53
 Juniper, properties of, 76
 Junket, Devonshire, 275

 Kale, sea and Scotch, to boil, 232
 Keeping fruit, 67
 late hours, 3
 meat, 110 to 112
 Kentish cherries, to dry, 290
 Ketchup, cockle, 205
 mushroom, 204
 oyster, 205
 walnut, 205
 superior, 205
 Kettles and saucepans, cleanness of, 5

 Keys of street doors, care of, 9
 Kid, to dress, 114
 truss, 154
 Kidney beans, to choose, 39
 beef, 125
 calf's, 134
 mutton, broiled, 140
 Kipperd salmon, 56
 Kirschwasser, to make, 386
 Kitchen, chimney of the, 80, 433
 cloths, to choose, 7
 economical hints for, 4
 cleanliness and ventilation of, 80
 fire, management of the, 83, 84
 paper, to purchase, 51
 pepper, 208
 spice, 208
 Knife-board, how made, 405
 Knives and forks, to clean, 404
 Knuckle of veal, to dress, 127

 Lace, to restore the colour of, 401
 Laquered articles, to clean, 406
 Lamb, to choose, 31
 to dress, 141 to 143
 breast, to roast, 141
 to stew, 143
 chops or cutlets 142
 cutlets, 139
 fore-quarter of, to carve, 21
 feet, 142
 fry, 141
 gravy for, 141
 head, 141
 joints, to roast, 141
 to keep, 111
 leg, to boil, 142
 to carve, 20
 to roast, 141
 loin, to roast, 141
 neck, to roast, 141
 pie, cold, 261
 ribs, to roast, 141
 shoulder, to grill, 143
 sweetbreads, 142
 Lampreys, to pot, 105
 to stew, 105
 Lamps and candles, economy of, 50
 to clean, 407
 glasses, to prevent breaking, 7
 Lard, hogs', 62
 Larded sweetbreads, 132
 pigeons, 165
 tongue, 123
 Larder, management of the, 112

- Larding, instructions for, 88
 Lark pie, 259
 Larks, to roast, 166
 Late hours, ill effects of, 3
 Lavender flowers, to dry, 75
 for fumigation, 409
 vinegar, 429
 water, 428
 Laver, to dress, 237
 Leaden cisterns, danger from, 413
 unsafe for water, 5
 Leather seats, blacking for, 411
 Leeches to apply, 425
 Leek porridge, 328
 Leeks, to keep, 71
 Leg of beef soup for the poor, 318
 mutton, to divide, 136
 Lemon brandy, 385
 cakes, excellent, 296
 cheese-cakes, 272
 cream, 277
 jelly, 280
 mince-meat, 271
 peel, essence of, 203
 pickle, 205
 pickled, 205
 pudding, 247
 puffs, 271
 sauce, 199
 tart, 269
 wine, 380
 Lemons and lemon-juice, to keep, 71
 Lemonade, excellent, 389
 Italian, 389
 portable, 393
 Lettuces, to choose, 40
 to prepare for salads, 209
 to stew, 231
 Leverets, to choose, 35
 to dress, 166
 Lights for a dinner-table, 10
 Lilac and purple dyes, 397
 Lime-water, 426
 Limes, use of, 47
 Linen, to bleach, 402
 Linseed tea, to make, 424
 Lip salve, to make, 428
 Liqueurs and cordials, to make, 385
 from fruit, 387
 Liver and bacon as dressed in Stafford-
 shire, 134
 calf's, and bacon, 134
 and lights, calf's, 134
 sauce, 202
 for fish, 201
 Lobsters and crabs, to boil, 105
 to choose, 28
 curried, 106
 cutlets, 106
 to dish, 106
 hot and cold, 106
 patties, 266
 potted, 106
 roast, 106
 salad, 212
 sauce, 200
 soup, 188
 Loin of mutton, to stuff and roast, 137
 of veal, to roast, 127
 Looking-glasses, to clean, 406
 Love-apple, uses of the, 46
 Lye from wood-ashes, 9
 Macaroni gravy, 214
 and Parmesan cheese, 213
 pudding, 245
 soup, 181
 sweet, 273
 Machine for gathering fruit, 67
 Mackerel, fillets of, 99
 pickled, or caveach, 100
 to bake, 99
 boil, 99
 broil, 99
 choose, 27
 Magnum Bonum plums, to preserve,
 284
 Maintenon cutlets, 131
 Maigre soup, 187
 Malt, to choose, 357
 spirit, to improve, 382
 vinegar, 215
 wine, 381
 wort for making British wines, 366
 Management of bees, 350 to 355
 of cows, 329
 the dairy, 330
 a dinner, 10 to 13
 a horse, 436
 poultry and pigs, 345 to 349
 Mangoes for pickling, 74
 Mangold wurzel beer, 364
 Marble, to clean, 409
 March, articles in season in, 53
 Marigold flowers, use of, 75
 for colouring cheese, 340
 Marketing, rules for, 26 to 51
 Marking ink, to make, 403
 Marmalade, lemon, 288
 orange, 288

- Marmalade, orange, Scottish method, 239
 orange, in macaroni pudding, 245
 quince, 288
 Marrow-bones, to dress, 115
 pudding, 249
 Mashed potatoes, 226
 Match for sweetening casks, 383
 Matelot of cels, 102
 May, articles in season in, 53
 Mead, to make, 381
 Means of extinguishing fires, 488
 Meat, American mode of salting, 59
 to choose, 30 to 32
 cure, 58 to 66
 joints, to carve, 18 to 22
 to keep, 110 to 112
 loss of, in cooking, 81
 pie, with potato crust, 263
 puddings, 240
 and pies for the poor, 32
 roasting, to baste, 84
 to salt immediately, 59
 and smoke, 59
 screen, use of the, 85
 seasons of, 52, 53, 54, 55
 times for boiling, 82
 roasting, 84
 Medlars, to choose, 46
 Medley pie, 263
 Melon-mangoes, 74
 to pickle, 220
 Melons, to choose, 45
 keep, 70
 Melted butter, 193
 Metal kettles and other vessels, 5
 Mice, to drive away, 415
 Mignonette, to flower, 434
 Milk, asses', imitated, 310
 baked, 309
 barley, 309
 coffee, 310
 and calves' feet, 310
 Devonshire method of scalding, 332
 ground rice, 310
 to keep sweet, 332
 pans, the best, 331
 porridge, 328
 punch, 388
 quantity of, from different cows, 329
 restorative, 310
 of roses, 428
 sago, 309
 suet, 310
 Milking cows, directions for, 339
 Millet pudding, 246
 Mince-meat, excellent, 270
 lemon, 271
 rich, 270
 plain, 270
 pies, 271
 Minced ham and eggs, 169
 veal, 130
 Mint, to choose, 40
 sauce, 194
 tea, 424
 Miscellaneous articles, to choose, 50
 recipes, 397 to 417
 Mixed fruits, wine from, 375
 Mock cream, 277
 turtle soup, 177
 economical, 178
 to rewarm, 182
 Moles and mice, to drive away, 415
 Moor-game, to dress, 165
 Morels and truffles, to choose, 50
 to dress, 236
 Mould on cheese, to produce, 36
 Mouldiness, to prevent, 413, 417
 Moulds for puddings, 239
 Mouldy bread, poisonous, 413
 Mourning, to remove stains from, 402
 to make, 301
 Muffins, pudding, 250
 Mulberries, to choose, 46
 Mulberry syrup for the thrush, 424
 Mulligatawny, chicken, 179
 as prepared at Madras, 179
 Mulled wine, 384
 Mullet, to choose, 27
 to dress, 99
 Muscovy glass, for fining beer, 362
 Mushrooms, button, to pickle, 220
 to choose, 41
 to dress, 235
 dry, 204
 keep, 73
 in meat puddings, 240
 ketchup, 204
 large, to pickle, 220
 to pot, 205
 to stew, 235
 sauce, 198
 Musk, essence of, 429
 to test, 429
 Mustard, to mix, 207
 sauce, 197
 Mustard and cress, to choose, 40
 Mutton and rice, for the poor, 323

- Mutton, breast of, 137
 broth, 131
 for the sick, 312
 choice varieties of, 30
 chops, 133
 and shalots, 139
 to choose, 30
 to dress, 135 to 141
 cutlets, 139
 and French beans, 139
 à-la-Maintenon, 139
 fillet, to stew, 136
 ham, 138
 to cure, 61
 haricot, 139
 hashed, 138
 haunch of, to carve, 20
 to roast, 135
 joints of, 17
 to keep, 111
 kidneys, 140
 leg of, to boil, 136
 to carve, 19
 divide, 136
 roast, 136
 salt, 61
 loin, to roast, 137
 neck, 137
 pic, 262
 roast, and beet-roots, 231
 and garlic, 235
 liver, 237
 sauce for, 201
 saddle of, to carve, 20
 to roast, 135
 stuffed, 137
 shoulder of, to carve, 20
 roast, 136
 broiled, 136
 stewed, 137
 stewed, for the poor, 323
- Nankeen dye, 398
 Naples soap, 430
 Nasturtium flowers in salad, 211
 to pickle, 223
 uses of, 75
- Neck of lamb, to dress, 141
 mutton, 137
 veal, 127
 venison, 113
- Negus, good, 309
 New cheese, 344
 Newcastle pudding, 250
 Newmarket pudding, 250
- Night-chair, to prevent the smell of, 429
 Norfolk biffins, to imitate, 290
 fluid, to make, 416
 punch, 389
 turkeys fattened in, 35
- November, articles in season in, 55
 Noyeau, to make, 387
 Nuts, varieties of, 47
 to store, 71
- Oak wainscot, to clean, 409
 Oatmeal porridge 328
 pudding for the poor, 325
- October, articles in season in, 55
 Oil for cleaning furniture, 405
 frying in, 86
 substitute, for in salad, 210
 of tartar, use of, 411
- Oiled butter, 194
 Olive dye, 398
 Olives, beef, 124
 to choose, 47
 veal, 129
- Omelet, fish, 96
 plain, 170
 savoury, 170
 sweet, 170
- Onions, baked, 235
 and beet salad, 210
 to boil plain, 234
 choose, 41
 fry for steaks, 121
 keep, 71
 pickle, 221
 porridge, 328
 ragout of, 235
 roasted, 235
 sauce, 194
 brown, 195
 soup, plain, 185
 rich, 185
 Spanish, to pickle, 221
 stewed, 235
 young, 195
 for steaks, 195
- Opodeldoc, liquid, to make, 421
 Orange earrot, for colouring cheese, 340
 cheescakes, 272
 cream, 277
 dye, 398
 jelly, 280
 marmalade, 288
 Scottish method, 289
 pudding, 247
- Orange puffs, 271

- Orange tart, 269
 water, 391
 wine, 379
 flower water, flavour of, 279
 Oranges, to choose, 47
 and lemons, to store, 71
 Orangeade, to make, 390
 Orgeat, to make, 390
 Ortolans, to dress, 166
 to truss, 153
 Oven, choice of, 88
 proper for baking cakes, 292
 Oxalis crenata, to dress, 226
 Ox-cheek, to boil, 122
 soup for the poor, 318
 Ox-feet, or cow-heels, 122
 Oxford sausages, 150
 Ox-gall, prepared, for removing spots,
 400
 Ox-head and ox-heel soups, 179
 soup for the poor, 321
 Ox-heel jelly for the sick, 314
 Ox-tail soup, 179
 Oysters in beef-steak pudding, 240
 to boil, 107
 choose, 23
 feed, 107
 fry, 107
 pickle, 108
 patties, 266
 sauce, 199
 for steaks, 121
 to scallop, 108
 soup, 189
 to stew, 107

 Packing fruit and vegetables, 79
 Paint, cheap, 437
 smell of, to destroy, 411
 work, to clean, 408
 Palates, beef, 123
 Panada, to mix, 314
 chicken, 314
 Pancakes, to make, 251
 Paper-hanging, to clean, 409
 trays, to clean, 407
 Parmesan cheese and cauliflower, 228
 and fondus, 214
 and macaroni, 213
 Parsley and butter, 193
 to choose, 41
 Parsneps and bacon for the poor, 327
 to choose, 40
 dress, 233
 fricasseed, 233

 Parsneps, to keep, 72
 wine, 378
 Partridges, to boil, 164
 to carve, 25
 choose, 34
 currie, 164
 pie, 259
 to roast, 164
 stew, 164
 truss, 153
 Paste, art of making, 252
 baking, 253
 beef dripping, 257
 butter for, 252
 croquante, 256
 family pie, 256
 flaky, 255
 light cheese-cake, 255
 lightness of, 253
 ornaments, 256
 patty, 266
 plain short, 255
 puff, 255
 raised pie, 256
 rich puff, 254
 short, 255
 tart, 256
 rolling out, 253
 savoury pie, 257
 for tartlets, 255
 transparent tart, 255
 Paste for cleaning furniture, 403
 superior, 416
 Pastiles, fumigating, 419
 Pastry, cream, 272
 and dessert, economy in, 12
 glaze or icing for, 272
 Pasty, venison, 257
 Patties, chicken and ham, 266
 forcemeat, 267
 fried, 267
 lobster, 266
 oyster, 266
 paste for, 266
 veal and ham, 266
 Pea-fowls, to dress, 164
 Peas, to choose, 39
 green, to boil, 229
 keep, 73
 stew, 229
 green, soup, 183
 dried, soup, 183
 old, to stew, 229
 soup, 183
 soup for the poor, 319

- Peas soup, plain, 319
to stew for veal, 128
- Peaches, to choose, 45
- Pearl-ashes, economy of, 8
barley, economy of, 307
- Pearls, to preserve and restore the
colour of, 415
- Pears and apples, to dry, 290
baked, 282
to choose, 44
the finest for making perry, 367
stewed, 282
to store, 69
syrup, 289
- Pepper, to choose, 49
kitchen, 208
pot, 187
- Perch, to choose, 27
to dress, 104
- Perry, to fine and bottle, 367
to make, 366
- Petticoats, to dress, 147
- Pewter, to clean, 411
- Pheasant, to boil, 164
to breed, 347
carve, 24
choose, 34
food for, 348
pie, 259
to roast, 164
truss, 153
- Picealili, or Indian pickle, 219
- Pickle for beef and pork, 58
- Pickled beet-root, 221
cabbage, red and white, 222
capsicums, 221
cauliflower, 220
cucumbers and onions, sliced, 222
elder, 221
French beans, 222
gherkins, 222
Indian, or picealili, 219
lemons, 205
mackerel, 100
melon-mangoes, 220
mushrooms, 220
large, 220
nasturtiums, 223
onions, small, 221
Spanish, 221
oysters, 108
radish pods, 222
salmon, 95
walnuts, 222
- Pickles, to keep, 219
- Pickling, 218 to 223
brine for, 218
perfection of, 218
season for, 218
spices for, 218
vinegar for, 218
- Picture-frames, to clean, 406
- Pies and pastry, 252 to 257
apple, 268
calf's head, 264
chicken, 258
raised, 258
rich, 258
cod-fish, 261
eel, 260
fish, sauce for, 261
fruit, and tarts, 267
giblet, 259
ham, raised, 265
hare, 258
cold, 259
lamb, cold, 261
lark, 259
meat, for the poor, 324
with potato crust, 263
medley, 263
mutton, 262
partridge, 259
with truffles, raised, 265
pheasant, 259
with truffles, raised, 265
pigeon, 259
pork, raised, 265
potato, 263
poultry, or game, raised, 264
rabbit, 258
raised paste for, 256
rook, 260
rump steak, 262
steak, cold, 262
and oyster, 262
salt-fish, 261
savoury, 257 to 265
glaze for, 257
paste for, 257
sole, 260
squab, 261
sweetbread, 260
veal, family, 261
and ham, 261
vegetable, 263
- Pigs, Berkshire, Woburn, and Chi-
nese, 349
cheeks to cure, 65
to dress, 146

- Pigs, to feed, 349
 Pig's feet and ears, to dress, 147
 to souce, 146
 to stew, 147
 harslet, 147
 head, to collar, 65
 to prepare for roasting, 145
 roasted, to cut up, 22
 sucking, 145
 Western, superiority of, 31
 Pigeons, to broil, 165
 to carve, 25
 choose, 34
 compôte of, 165
 larded and braized, 165
 pic, 259
 to pot, 166
 roast, 165
 stewed with cabbage, 165
 to truss, 153
 wood, to dress, 165
 Pike, to bake, 103
 boil, 103
 choose, 27
 fry, 104
 Pikelets, to make, 301
 Pine-apples, to choose, 45
 cream, 277
 to keep, 70
 Pink dye, 398
 Pipe-clay, use of, in washing, 8
 Pippins, stewed, 282
 Plaice, to bake, 93
 to dress, 104
 Plain buns, 299
 cake, 294
 dinners, how spoiled, 11
 Plants in bed-rooms, danger from, 9
 best place for, 432
 in rooms and towns, 432
 useful, 76
 to water, 431
 Plaster casts, to improve, 415
 Plate, instructions for cleaning, 403
 powders, recipes for, 404
 Plated articles, to clean, 404
 Plovers, to choose, 35
 to dress, 165
 truss, 153
 eggs, to choose, 35
 to dress, 169
 Plum cake, plain, 293
 rich, 293
 small, 293
 small, 296
 cheese, 289
 Plum jam, 287
 pudding baked, 240
 plain, 249
 for the poor, 325
 rich, 249
 sauce, 240
 Plums, to choose, 44
 magnum bonum, to preserve, 234
 Poachard, or dun-bird, to choose, 35
 Pomegranate, the, 48
 Pommade divine, to make, 430
 Poor, Cookery for the, 316 to 328
 Poppy fomentation, 422
 Pork, bladebone, 146
 chine, to dress, 144
 to choose, 31
 chops, 146
 to cure, 61
 cutlets, 146
 to dress, 143 to 150
 griskin, to roast, 144
 hand of, to boil, 144
 joints of, 17
 to keep, 111
 leg, to boil, 144
 of, to carve, 22
 to roast, 143
 loin, to roast, 144
 neck, rolled, 145
 to pickle, 62
 pickled, to dress, 144
 pie, raised, 265
 roast, apple sauce for, 194
 sausages, 149
 spare-rib, to roast, 144
 Porker's head, to roast, 145
 how cut up, 143
 Porridge for the poor, leek or onion, 328
 milk, 238
 oatmeal, 328
 Portable lemonade, 393
 Portuguese soles, 93
 Pot-liquor, uses of, 82
 stock for soups, 316
 Pot-pourri, to prepare, 78
 Potato balls, 226
 beer, 364
 cheese, 344
 flour and arrow-root, 307
 haricot for the poor, 324
 pie, 263
 and meat pudding, 241
 pudding, 240, 241
 for the poor, 324
 saucepan, the, 225
 soufflé, 274

- Potatoes, à la maitre d'hôtel, 226
 in bread, 302, 305
 to choose, 37
 fry, 226
 glaze, 226
 keep, 72
 Irish method of boiling, 225
 Lancashire and Scottish method of
 boiling, 225
 mashed, 226
 new, to boil, 225
 and onions, boiled, 322
 ragoût of, 226
 roasted and baked, 226
 under meat, 225
 use of, in bleaching, 403
 used in clearing, 8
 used for cleaning silks, 401
 various methods of boiling, 224
- Potted beef, 125
 char, 104
 game or poultry, 126
 ham, 125
 hare, 168
 herrings, 161
 lampreys, 165
 lobsters, crabs, shrimps, and
 prawns, 106
 mushrooms, 204
 pigeons, 166
 rabbit, 169
 salmon, 95
 veal, 126
- Poultices, to make, 425
- Poultry, 151 to 168
 to bone, 163
 carve, 23
 choose, 33
 dressed, to warm, 163
 to fatten, 346
 freshness of, 154
 and game, to carve, 22 to 25
 to keep in the larder, 36
 potted, 126
 to truss, 151
 & pigs, management of, 345 to 349
 seasons of, 53, 53, 54, 55
- Pound cakes, 297
 family, 297
- Powders, ginger beer, 392
 lemonade, 393
 Seidlitz, 393
 soda water, 392
- Prawns, to pot, 106
 to serve, 109
- Prawns and shrimps, to choose, 28
- Precedence at the dinner table, 13
- Prepared charcoal for the teeth, 427
- Preserve puffs, 271
 tarts, 269
- Preserves, to keep, 283
- Preserving fruits, directions for, 283
- Prints, to clean, 407
- Provisions best when most abundant, 52
 preserved by chloride of lime, 420
 ripe and tainted, 32
- Puddings, directions for making, 238
 almond, 246
 apple, baked, 242
 boiled, 242
 apricot, green, 243
 arrow-root, 246
 Bakewell, 249
 barley, 246
 batter 239, 241
 with cherries or damsons, 242
 biscuit, 248
 bread, 326
 baked, 243
 brown, 243
 plain, 243
 and butter, 244
 cabinet, 250
 chestnut, 248
 cloths and moulds, 239
 college, 250
 cranberry, 242
 Cumberland, 248
 currant, 242
 eustard, 247
 fruit, baked, 242
 boiled, 242
 gooseberry, 242
 hard, 241
 hasty, 241
 jam, rolled, 247
 lemon, 247
 macaroni, 245
 marrow, 249
 meat, 240
 millet, 246
 muffin, 250
 Newcastle, 250
 Newmarket, 249
 orange, 247
 paste, 241
 plum, baked, 240
 or damson, 242
 plain, 249
 rich, 249

- Pudding. potato and meat, 240, 241
 rabbit, 240
 ratifia, 248
 rhubarb, 242
 rice, 326
 boiled, 244
 excellent, 244
 fruit, 245
 family, 244
 ground, 245
 ornamental, 245
 plain, 244
 sago, 246
 sauce, 240
 Shrewsbury, 247
 spice, 240
 suet, baked, 240
 boiled, 240
 Swiss, 247
 tapioca, 246
 transparent, 248
 vermicelli and macaroni, 244
 Yorkshire, 241
 Puddings for the poor, 325, 326
 for invalids, 312
 batter, 325
 Indian corn batter, 326
 meat, 324
 oatmeal, 325
 paste, 325
 plum, 325
 sweet, 325
 Puffs, apple, 271
 lemon, 271
 orange, 271
 preserve, 271
 Pumpkins, how eaten, 48
 Punch, Glasgow, 388
 hints for making, 387
 jelly, 281
 milk, 388
 Norfolk, 389
 Summer gin, 389
 Putty, to dissolve, 415
 Pyroligneous acid, use of, 223

 Quails, to dress, 164
 Quarter of lamb, to carve, 21
 to roast, 141
 Quince marmalade, 288
 Quinces, to preserve, 285
 Quin's sauce, 206

 Rabbit, to boil, 168
 Rabbit, to carve, 25

 Rabbits, to keep, 348
 pic, 258
 to pot, 168
 pudding, 240
 to roast, 168
 truss, 154
 Radishes, to choose, 40
 keep, 72
 Radish pods, to pickle, 222
 Ragoût breast of veal, 128
 eggs, 169
 potatoes, 226
 Raised pie, ham, 265
 pork, 265
 paste for, 256
 poultry or game, 264
 to serve, 264
 Raisins for puddings, 233
 vinegar, 215
 wine, 379
 improved, 378
 Ramequins, to make, 214
 Raspberries, to choose, 43
 Raspberry brandy, 384
 cream, 277
 jam, 287
 juice for creams, 278
 vinegar, 289
 Ratifia cakes, 298
 cream, 277
 grapes, 386
 pudding, 248
 recipes for making, 386
 Rats, to drive away, 414
 Razors, to sharpen, 430
 Recipes, miscellaneous. 397 to 417
 Recovery from suffocation, hints for, 420
 Red, flesh-colour, and poppy dyes, 398
 cabbages, to choose, 38
 spider, to destroy, 431
 Remedies, domestic, 418 to 430
 Rennet, to prepare, 339
 Restorative milk, 310
 Rhubarb, to choose, 42
 tart, 268
 Rice in bread, 305
 cake, 296
 East Indian method of boiling, 18
 gluc, to make, 415
 jelly, 314
 to prepare for curries, 159
 puddings, 244, 245
 for the poor, 326
 savoury, 326

- Rice soufflé, 274
 soup, clear, 181
 stew for the poor, 322
 Ring-worm, remedy for, 423
 River-fish, seasons of, 28
 Roast beef, 118
 cold, sauce for, 197
 cheese, 213
 eel, 102
 meats, cold, to warm, 119
 gravy for, 119
 pig, 145
 Roasting, rules for, 83 to 85
 coffee, 394
 Robert sauce, 196
 Rolled jam pudding, 247
 neck of pork, 145
 Rolls, dinner and supper, 307
 French, 306
 good, 307
 Rook pie, 260
 Rooms, cheap colouring for, 411
 Roses, oil and spirit of, 429
 tincture of, 423
 use of, 76
 milk of, 429
 Rout cakes, 298
 Rudiments of cookery, 80 to 89
 Rum or brandy shrub, 387
 Ruffs and Reeves, to choose, 35
 to dress, 165
 Rump of beef, a-la-mode, 110
 to stew, 119
 steak pie, 262
 cold, 262
 and onions, 121
 and oyster pie, 262
 and oyster sauce, 121
 to stew, 120
 plain, 121
 quickly, 121
 Rusks, to make, 302
 Rust, to prevent or remove, 412
 Saccharometer, use of the, 358
 Saddle of mutton, to roast, 135
 Sage, to choose, 41
 tea for sore throat, 424
 Sago jelly, 309
 milk, 309
 pudding, 246
 St. John's wort, use of, 76
 Salad, boiled, 211
 corn, 211
 excellent, 210
 Salad of French beans, 212
 German fish, 212
 herbs, to pick and wash, 208
 Italian, 212
 lobster, 212
 mixtures, 209
 onion and beet, 210
 of soles, 212
 Summer, 211
 Winter, 211
 Salading, to choose, 40
 Salamander, use of the, 83
 Salino draught, 423
 Sally Lunn tea cakes, 301
 Salmon, to boil, 94
 boiled, to pickle, 95
 to broil, 94
 choose, 26
 culvered, 94
 to cure, 57
 dried, to broil, 94
 to help, or carve, 18
 peel, 94
 to pickle, as at Newcastle, 95
 pickled, to choose, 26
 to pot, 95
 stew, 95
 Salsifis, to dress, 237
 Salt, to choose for fish, 56
 meat, 53
 fish, to dress, 97
 pie, 261
 herrings, 57
 to prepare for the table, 404
 use of, in beer, 361
 Salting and smoking meat, 59
 Sandwiches, anchovy, 109
 egg, 169
 Savings Banks recommended, 3
 Savoury pies, to glaze, 257
 paste for, 257
 rice for the poor, 326
 soup and stew for the poor, 320
 stew for the poor, 322
 Savoy cake in a mould, 297
 soup for the poor, 321
 Savoy's, to choose, 38
 Sauces, 192 to 208
 anchovy, 200
 apple, 194
 aspic salad, 210
 bread, 194
 brown, or cullis, 194
 browning for, 175
 burnt butter, 193

- Sauce, caper, 198
 to imitate, 198
 caper, for fish, 201
 celery, 199
 chestnut, for roast turkey, 202
 for cold roast beef, 197
 cow-heel, 125
 cucumber, 198
 currant, for venison, 201
 Dutch, plain, 196
 rich, 196
 egg, 198
 endive, 199
 excellent for pork chops, 146
 fish or meat, 203
 rich, 201
 for fish pies, 261
 for fowls, 202
 fresh-water fish, 200
 garlic, 196
 gooseberry, 199
 for grilled poultry, 161
 horse-radish, 197
 Italian, 196
 lemon, 199
 liver, 202
 for fish, 201
 lobster, 200
 melted butter, 193
 mint, 194
 for mullet, 99
 mushroom, 198
 mustard, 197
 oiled butter, 194
 onion, 194
 brown, 195
 for steaks, 195
 green, 196
 young, 195
 oyster, 199
 parsley and butter, 193
 piquante, or sharp, 195
 for puddings, 240
 Quin's, 206
 for roast goose, 161
 Robert, 196
 shalot, 195
 sharp, 195
 cold, 203
 for mutton, 201
 venison, 195
 for shoulder of mutton, 136, 201
 shrimp, 200
 simple, for the poor, 326
 sorrel, 199
 tarragon, 197
- Sauce, thickening for, 193
 tomata, 197
 for pork cutlets, 147
 French, 202
 stork, 203
 tripe, 125
 truffle, 197
 white, for boiled chickens, 201
 for wild fowl, 165, 202
 wiue, for hare, 166
- Sauces and vegetables at dinner, 12
- Saucepans, choice of, 81
- Sauer kraut and beef, 115
 to dress, 227
 prepare, 227
- Sausages, to fry, 150
 beef, 126
 Oxford, 150
 pork, 149
 and sauer kraut, 227
 various kinds of, 66
- Sauté pan, use of the, 87
- Sealds and burns, remedies for, 422
- Scalloped cod or other fish, 96
 oysters, 108
- Searlet dye, 398
 runners, double crop of, 73
- Scorzonera, to dress, 237
- Scotch barley broth, 182
 economy of, 321
 collops, 129
 kale, to boil, 232
 leek soup, 186
 salmon, 56
- Scouring balls, to make, 408
 drops, 402
- Sea-air, linen dried in, 8
 gull eggs, 170
 kale, to boil, 232
 to choose, 38
 sickness, to prevent, 425
 water, to wash in, 399
- Seasons of various Provisions, 52 to 55
- Seed buns, 298
 cake, 294
 light, 295
 rich, 294
- Seidlitz powders, 393
 water, 391
- Seltzer water, 391
- Senna tea, to make, 423
- September, articles in season in, 34
- Servants, treatment of, 2
- Settlements, regularity of, 3
- Shaddock, the, 47
- Shalot sauce, 195

- Shalots, season for, 41
 Shank jelly, 313
 Sharp sauce, 195, 203
 cold, 203
 for mutton, 201
 Shaving, hints on, 430
 Sheep's head broth, 181
 broth for the poor, 322
 tongues, 140
 Shell fish, unwholesomeness of, 29
 Shin of beef soup for the poor, 320
 Shoe-leather, to preserve, 417
 Shoes and boots, water proof, 416, 417
 Short bread, 299
 cakes, 295
 Shoulder of lamb, to roast, 141
 mutton sauce, 201
 veal, 127
 venison, to dress, 113
 to stew, 114
 Shower bath, hand, 418
 Shrewsbury cakes, 295
 pudding, 247
 Shrimps, to pot, 106
 and prawns, to choose, 28
 sauce, 200
 Shrub, rum, or brandy, 387
 Sick, chambers of the, to purify, 419
 Silk, to clean, 400, 401
 stockings, to clean, 402
 to dye, 399
 Silver lace, to clean, 403
 Sirloin of beef, 118
 inside of, to dress, 118
 Skate, to choose, 27
 crimped, to boil and broil, 98
 to fry, 98
 Skimming milk, time for, 332
 the pot, 82
 Skippers, to destroy in bacon, 111
 Skirret, uses of, 74
 Slices of bacon or ham, 149
 tongue, 123
 Sloe, uses of the, 45
 Smelts, to choose, 27
 fry, 98
 Smoked and dried meats, to keep, 111
 herrings, 57
 Snails, to destroy, 432
 Snipes to dress, 164
 truss, 154
 Snow balls, 273
 Soap and candles, economy in, 50
 Lady Derby's, 428
 Naples, 430
 Soap, substitutes for, 8
 transparent, 430
 Soda, economy of, 51
 water, 391
 powders, 392
 Soles, to bake, 93
 boil, 92
 choose, 26
 fry, 92
 fillets of, 92
 pic, 260
 salad of, 212
 to stew, Portuguese fashion, 93
 Sore throat, remedies for, 427
 Sorrel, to choose, 40
 sauce, 199
 to stew, 231
 Soufflés, to make, 274
 apple, 274
 cream, 274
 potato, 274
 rice, 274
 Sounds of cod-fish, 97
 Soups, directions for making, 171 to 196
 asparagus, 184
 clear, 183
 beet-juice for, 173
 boiling, 171
 bones for making, 171
 browning for, 175
 cabbage, 186
 carrot, 185
 celery, 183
 white, 186
 cheap, 187
 to clear, 174
 cocky leeky, 186
 colouring for, 173
 cray-fish, 189
 cress and garlic in, 172
 eel, 188
 extract of herbs for, 173
 fat, to take from, 171
 fish, 188
 flavouring ingredients, 172
 giblet, 180
 gourd, 186
 gravy, brown, 175
 white, 177
 hare, 183
 herb, 184
 herbs for, 172
 Julienne, 183
 to keep, 174
 kettles and pans for, 174

Soups, lobster, 183
 macaroni, 181
 maigre, 187
 meat for, 171
 and poultry liquors for, 171
 mock turtle, 177
 economical, 178
 mulligatawny, 179
 as prepared at Madras, 179
 curric for, 180
 rice for, 180
 mushrooms in, 172
 onion, plain, 185
 rich, 185
 overseasoning, 173
 ox-head and ox-heel, 179
 ox-tail, 179
 oyster, 189
 peas, 183
 clear, 183
 green, 183
 pepper pot, 187
 plain stock, 175
 portable, or glaze, 189
 to re-warm, 182
 rice, clear, 181
 Scotch leak, 186
 spinach-juice for, 173
 spring, 176
 clear, 182
 to strain, 174
 strengthen, 174
 thicken and enrich, 173
 thick and thin, 174
 tomata, 185
 truffles and morels in, 173
 tureen of, 174
 turnip, 184
 turtle, flavouring for, 178
 vegetable, 183
 for, 172
 vermicelli in, 173
 fine, 181
 white, plain, 177
 rich, 177
 wine in, 173
 Winter hotch-potch, 187
 Soups, to make, for the poor, 316
 baked, 320
 cabbage, 321
 good, 319
 leg of beef, 318
 ox-check, 318
 head, 321
 pea, 319

Soup, savoury, and stew, 320
 savoy, 321
 shin of beef, 320
 turnip, 321
 Spasms, remedy for, 423
 Spice, kitchen, 208
 Spinach, to boil, 228
 to choose, 39
 stew, 229
 and sugar, 229
 Spirits, addition of, to home-made
 wines, 369
 cold from, 427
 of lavender, to make, 424
 Spit, management of the, 83, 85
 Spitcock eels, 101
 Sponge cake, almond, 297
 in a mould, 297
 Spots from cloth, to remove, 402
 from linen, to remove, 400
 Sprain, remedy for, 421
 Sprats, to bake, 101
 Spring, or vegetable soups, clear, 182
 Spruce beer, brown and white, 391
 essence of, 391
 Squab pie, 261
 Stable, work in the, 435
 Stains from linen, to remove, 400
 from marble, to remove, 409
 Stale beer, to correct, 365
 Stammering, cure for, 426
 Starch, to mix, 399
 Steak, to broil, 120
 and onions, 121
 oyster sauce, 121
 to stew, 120
 plain, 121
 quickly, 121
 Steam cooking by, 82
 Steaming meat and vegetables, 83
 Steel for sharpening a razor, 430
 Stew, Irish, 140
 for sick persons, 311
 vegetable for the poor, 327
 Stewed beef for the poor, 322
 breast of lamb, 143
 brisket of beef, 117
 cabbage, 227
 carp and eels, 102
 cheese, 213
 endive and lettuce, 231
 giblets, 163
 gourd, 232
 mutton for the poor, 332
 ox-check, 122

- Stewed oysters, 107
 partridges, 164
 pears, 232
 peas, 229
 pigeons, 164
 pigeons and cabbage, 165
 pippins, 232
 rump of beef, 119
 steaks, 120, 121
 salmon, 95
 sorrel, 231
 spinach, 229
 sweetbreads, 131
 tongue, 123
 veal and peas, 125
 Stewing, rules for, 87
 Stewpans, choice of, 87
 Stilton cheese, to improve, 340
 to make, 342
 Stings of insects, remedy for, 423
 Stock, plain, or common broth, 175
 Stockings, to wash, 400
 silk, to clean, 402
 to dye, 399
 — Stone cream, 276
 Stone-work, to whiten, 410
 Storing fruit and vegetables, 67 to 79
 Strawberries, to choose, 431
 to preserve whole, 285
 Strawberry cream, 277
 jam, 237
 Straw and silk bonnets to dye black, 399
 Strengthening jelly, 314
 Strop for sharpening a razor, 430
 Stuffed loin of mutton, 137
 Stuffing for fillet of veal, 126
 for geese and ducks, 162
 turkeys, fowls, and veal, 165
 Sturgeon, to boil, 93
 broil, 93
 choose, 27
 to cure, 56
 to roast and bake, 93
 stew and pickle, 93
 Substitute for a greenhouse, 434
 Substitutes for soap, 8
 for tea and coffee, 73, 329
 Suceory or chicory, to prepare, 73
 in coffee, 395
 Sucking-pig, to roast, 145
 Suet dumplings, 250
 to keep, 111
 milk, 310
 for pudding crust, 238
 puddings, 240
 Suffocation, recovery from, 420
 Sugar, beer from, 364
 to burn, for colouring gravy, 192
 choose, 49
 clarify, 233
 for coffee, 395
 proportions of, in home-made
 wines, 318
 vinegar, fine, 216
 Summer salad, 211
 Sunflower, uses of the, 77
 seeds, for fattening poultry, 347
 Supper mess for the poor, 328
 Swallows, to keep away, 437
 Swarm of bees, to take, 351
 Sweet dishes, 273 to 282
 macaroni, 273
 Sweetbreads, to dress, 131
 lamb's, 142
 to lard, 132
 pie, 260
 to stew, 131
 Sweet and suet puddings for the poor,
 325
 — Swiss pudding, 247
 Syllabub, 275
 whip, 275
 Syrup of mulberries, 424
 currants, 391
 pear, 239
 Syrups, to clarify, 233
 Table beer without malt, 364
 linen, to remove stains from, 402
 Tainted meat, to improve, 111
 Tamarinds, to choose, 50
 whey, 315
 Tapioca jelly, 314
 Tarragon sauce, 197
 uses of, 74
 Tart, apricot, 268
 codlin, 263
 cranberry, 268
 frangipane, 269
 lemon, 269
 orange, 269
 preserve, or jam, 269
 rhubarb, 263
 Tartar added to British wines, 369
 Tea, substitutes for, 73, 328
 cake, plain, 296, 300
 rich, 297
 to choose, 49
 hints on making, 393
 pots, choice of, 393

- Teal, to choose, 34
 Teeth, to clean and whiten, 428
 Temperature of warm baths, 418
 Tench, to choose, 27
 to dress, 104
 Tendons of veal, 130
 Thermometer, use of, in a Dairy, 331
 Thickening for sauces and gravies, 193
 Thyme, to choose, 40
 Tincture of roses, 423
 Tinning of copper saucepans, 89
 Topsy cake, 274
 Toast and water, 315
 Toasting bread, 305
 Tomatas in salads, 209
 sauce, 197
 French, 202
 for pork cutlets, 146
 store, 203
 soup, 185
 uses of, 74
 Tongue, neat's, to boil, 123
 to carve, 22
 larded, 123
 potted, 126
 to salt, 61
 sheep's, 140
 slices of, 123
 to stew, 123
 Tooth-ache, remedy for, 428
 Tradesmens' bills, settlement of, 2
 Transparent pudding, 248
 soap, 430
 Travelling, medicines in, 427
 Trifle, to make, 275
 cake, 275
 Tripe, sauce for, 125
 various modes of dressing, 125
 Trout, to choose, 28
 dress, 104
 Truffles in brown sauce, 236
 with fowl, 158, 160
 sauce, 197,
 to stew, 236
 Trussing poultry, instructions for, 151
 Turbot, to boil, 91
 choose, 26
 cold, to dress, 92
 to garnish and serve, 91
 help, or carve, 18
 Turkey, blanquette of, 180
 to boil, 155
 carve, 24
 choose, 33
 to "devil," 156
 Turkey, to fatten, 347
 and geese, where finest, 35
 hashed, 160
 in jelly, 160
 method of cramming, 33
 poults, to truss, 152
 pulled, 160
 to roast, 156
 roast, gravy for, 191
 stuffing for, 165
 with truffles, 160
 to truss for roasting & boiling, 152
 Turnips, to boil, 234
 choose, 39
 for fattening poultry, 347
 soup, 184
 for the poor, 321
 tops, 234
 Turtle flavouring, 178
 Vapour bath, simple, 41
 Varnish for straw or chip hats, 416
 Varnished frames, to clean, 406
 Veal, blanquette of, 131
 breast, 127
 ragout, 128
 breast of, to carve, 19
 broth, 176
 for the poor, 320
 sick, 311
 to choose, 31
 collared, 128
 collops, 129
 Scotch, 129
 curried, 129
 cutlets and bacon, 130
 to dress, 126 to 135
 fillet, to roast, 126
 forcemeat, 134
 frieandeau, 129
 gravy, 176
 and ham patties, 266
 pie, 261
 haricot, 131
 joints, 16
 to carve, 19,
 to keep, 110
 kidney, 134
 knuckle, 127
 loin, 127
 Maintenon cutlets,
 minced, 130
 neck, 127
 olives, 129
 pie, family, 261

Veal, potted, 126
 shoulder, 127
 stewed with peas, 128
 stuffing for, 165
 sweetbreads, 131
 larded, 132
 stewed, 131
 tendons, 130
 Vegetable extract for making soup, 327
 pie, 263
 stew for the poor, 327
 Vegetables, choice of, 37 to 41
 to boil tender in hard water, 224
 in curries, 207
 as dressed in France, 11
 frost-bitten, to restore, 224
 nourishment in, 37
 to pack, 79
 to store, 71
 to wash and pick, 224
 water for boiling, 224
 directions for dressing, 224 to 237
 artichokes, 236, 237
 asparagus, 232
 beans, 230
 beet-root, 333
 borecole, 232
 brocoli, 228
 Brussels sprouts, 228
 cabbage, 227
 red, to stew, 227
 cale cannon, 237
 carrots, 233
 cauliflowers, 228
 celeriac, 231
 celery, 230, 231
 chardons, 237
 cucumbers, 234
 egg-plant, 237
 endive, 231
 French beans, 230
 garlic, 235
 gourds, 231, 232
 greens, 227
 laver, 237
 marrow, 74, 232
 morels, 236
 mushrooms, 235
 onions, 234, 235
 oxalis crenata, 226
 parsneps, 233
 peas, green and old, 229
 potatoes, 224, 225, 226
 salsifs and scorzonera, 237
 sauerkraut, 227

Vegetables: sea and Scotch kale, 232
 seasons of, 52, 53, 54, 55
 sorrel, 231
 spinach, 228, 229
 truffles, 236
 turnips, 234
 turnip-tops, 234
 Windsor beans, 230
 Venison, to choose, 30
 currant sauce for, 201
 gravy for, 113
 to hash, 114
 haunch of, to carve, 21
 to roast, 112
 neck, shoulder, and breast, 113
 pasty, to make, 113
 sharp sauce for, 195
 shoulder, to stew, 114
 Vermicelli pudding, 245
 soup, fine, 181
 Vermin on plants, to kill, 431
 Verjuice, to prepare, 217
 Vinegar-making, economy of, 215
 Vinegar, camp, 207
 Chili, 206
 cider, 216
 elder, 206
 fine sugar, 216
 French salad, 206
 fruit, 216
 malt, 215
 raisin, 215
 raspberry, 289
 ropiness in, 215
 to strengthen, 217
 tarragon, 206
 wine, 215
 Vol-au-vent, to make, 267

 Useful plants, 76
 Usquebaugh, to make, 326

 Wainscot, to clean, 408, 409
 Waiting at table, art of, 12
 Walnut ketchup, 205
 superior, 205
 water, uses of, 427
 Walnuts, to pickle, 222
 season for pickling, 219
 to store, 70
 Warming-pan, to choose, 410
 Washing, instructions for, 8, 399
 Water and steam, economy of, 5
 Watering plants and gardens, 431
 Water butts, to keep sweet, 413

- Water for brewing, 358
 eresses, spurious, 209
 freezing in pipes, to prevent, 5, 414
 filter for, 413
 flag, use of, 77
 hot, uses of, 425
 in lead cisterns, 413
 to purify, 413
 proof cloth, 417
 proof boots and shoes, 416
 souchy, to make, 105, 188
- Wax, bees, to extract 355
 and spermaceti candles, 50
 tapers, to choose, 50
 to take out of cloth, 403
- Weather for keeping meat, 112
 Weather-proof composition, 437
 Welsh rabbit, 213
 Westmoreland and Cumberland hams,
 32, 64
- Westphalia hams, 32, 64
 Wheat ears, to dress, 166
 Whey, butter, 337
 plain, 315
 tamarind, 315
 wine, 315
- Whip syllabub, 275
 White mixture for eoughs, 421
 sauce for boiled chickens, 201
 soup, plain, 177
 rich, 177
- Whitebait, to choose, 27
 Whiting, to bake, 93
 boil, 100
 choose, 27
 fry, 100
- Whooping cough, remedy for, 424
 Wild ducks, to roast, 164
 fowl, to choose, 34
 sauces for, 165, 202
 to truss, 153
- Windsor beans, to boil, 230
 fricassced, 230
- Wines, home-made, 368, 383
 blackberry, French, 375
 bottling, 370
 cherry or damson, 376
 cowslip, 377
 currant, American, 375
 French, 375
 red and black, 374
 unripe, 372
 white, 374
 elder, 377
- Wine, Frontignae, 377
 ginger, 380
 gooseberry champagne, 372
 French, 372
 ripe, 372
 grape, ripe, 371
 seven gallons, to make, 371
 unripe, 374
 lemon, 380
 malt, 381
 mixed fruits, 375
 orange, 379
 parsnep, 378
 raisin, 378
 improved, 379
 raspberry, 376
- Wines, British, error in making, 368
 casking, 370
 choice of, for dinner, 12
 dry and sweet, 370
 fining, 371, 382
 fruits for, 368, 369
 malt wort for, 369
 poor, to improve, 383
 pricked, to recover, 383
 rosy, to improve, 383
 spirits added to, 369, 371
 tartar added to, 369
- Wine, egg, 384
 to ice, 381
 in jellies, 281
 mulled, 384
 vinegar, 215
 whey, 315
- Winter cough mixture, 421
 hotch-potch, 187
 salad, 211
- Wood-ashes, use of, in washing, 8
 Woodcocks, to choose, 34
 to dress, 164
 to truss, 153
- Wood pigeons, to dress, 165
 Worts and corns, to destroy, 422
 Writing-ink, excellent, 417
 to prevent mould in, 417
- Yeast in bread-making, 393
 cakes, plain and rich, 300
 dumplings, 251
 to make, 307
- Yellow dye, 398
 York hams, 32, 64
 Yorkshire cakes, 300
 pudding, 241

NEW BOOKS AND NEW EDITIONS,

PUBLISHED BY

JOHN W. PARKER AND SON, WEST STRAND.

Lectures on the History of Moral Philosophy in England. By W. WHEWELL, D.D., Master of Trinity College, Cambridge. 8s.

History of the Whig Ministry of 1830. By J. A. ROEBUCK, M.P. Vols. I. and II., to the passing of the Reform Bill. Octavo. 28s.

Meliora; or, Better Times to Come. Being the Contributions of many Men touching the Present State and Prospects of Society. Edited by VISCOUNT INGESTRE. 5s.

On the Methods of Observation and Reasoning in Politics. By G. CORNEWALL LEWIS, M.P. Two Vols. Octavo.

On the Influence of Authority in Matters of Opinion. By G. C. LEWIS, M.P. Octavo. 10s. 6d.

Principles of Political Economy. By JOHN STUART MILL. Second Edition. Two Vols. Octavo. 30s.

History of Normandy and of England. By SIR FRANCIS PALGRAVE. Vol. I. Octavo. 21s.

Manual of Geographical Science. PART THE FIRST, Octavo, 10s. 6d., containing—

MATHEMATICAL GEOGRAPHY, by Rev. M. O'BRIEN, Professor of Natural Philosophy and Astronomy in King's College, London

PHYSICAL GEOGRAPHY, by D. T. ANSTED, M.A., F.R.S., Professor of Geology in King's College, London.

CHARTOGRAPHY, by J. R. JACKSON, F.R.S., late Secretary of the Royal Geographical Society.

THEORY OF DESCRIPTION AND GEOGRAPHICAL TERMINOLOGY, by Rev. C. G. NICOLAY, F.R.G.S., Librarian of King's College, London.

Atlas of Physical and Historical Geography, to accompany the Manual of Geographical Science. Engraved by J. W. LOWRY, under the direction of Professor ANSTED and Rev. C. G. NICOLAY. 5s.

The Earth and Man; or, Physical Geography in its Relation to the History of Mankind. By PROFESSOR GUYOT. Slightly abridged, with Corrections and Notes. 2s. 6d.

Professor Sedgwick's Discourse on the Studies of the University of Cambridge. Fifth Edition, enlarged, with Preliminary Dissertation and Supplement. One Vol. (770 pp.) 12s

Leaves from the Note-book of a Naturalist. By W. J. BRODERIP, F.R.S. Reprinted from 'Fraser's Magazine.' 10s. 6d.

The Upper Ten Thousand: Sketches of American Society. By A NEW YORKER. Reprinted from 'Fraser's Magazine.' 5s.

Yeast. By C. KINGSLEY, Rector of Eversley. Reprinted from 'Fraser's Magazine.' Cheaper Edition. 5s.

Danger of Superficial Knowledge: A Lecture. By Professor J. D. FORBES, F.R.S., Edinburgh. 2s.

Introductory Lectures delivered at Queen's College, London. 5s.

The Saint's Tragedy. By C. KINGSLEY, Rector of Eversley. Cheaper Edition. 2s.

Schiller's Complete Poems. Attempted in English, by EDGAR A. BOWRING. 6s.

Shipwrecks of the Royal Navy, from Original MSS. in the Admiralty. By W. O. S. GILLY. With a Preface, by W. S. GILLY, D.D., Canon of Durham. Second Edition. 7s. 6d.

Summer Months in the Country. By R. A. WILLMOTT, Incumbent of St. Catherine's, Bear Wood. Second Edition, enlarged. 5s.

Babylon and Jerusalem: a Letter to Ida, Countess of Hahn-Hahn. From the German. 2s. 6d.

Gazpacho; or, Summer Months in Spain. By W. G. CLARK, M.A., Fellow of Trinity College, Cambridge. Second and Cheaper Edition.

Young Italy. By A. BAILLIE COCHRANE, M.P. Post Octavo. 10s. 6d.

Auvergne, Piedmont, and Savoy. A Summer Ramble. By CHARLES RICHARD WELD, Author of 'History of the Royal Society.' Post Octavo. 8s. 6d.

Wanderings in some of the Western Republics of America. By G. BYAM. With Illustrations. 7s. 6d.

Hesperos; or, Travels in the West. By MRS. HOUSTOUN. Two Volumes, Post Octavo. 14s.

View of the Art of Colonization. By E. GIBBON WAKEFIELD. Octavo. 12s.

Travels in the Track of the Ten Thousand Greeks; a Geographical and Descriptive Account of the Expedition of Cyrus. By W. F. AINSWORTH. 7s. 6d.

Travels and Researches in Asia Minor, Mesopotamia, Chaldea, and Armenia. By the same Author. Two Volumes, with Illustrations. 24s.

The Holy City; Historical, Topographical, and Antiquarian Notices of Jerusalem. By G. WILLIAMS, B.D., Fellow of King's College, Cambridge. Second Edition, with numerous Illustrations and Additions, and a Plan of Jerusalem. Two large volumes. £2 5s.

* * The Plan is published separately, with a Memoir, 9s.; or Mounted on Rollers, 18s.

History of the Holy Sepulchre. By Professor WILLIS. Reprinted from Williams's Holy City. With Illustrations. 9s.

Notes on German Churches. By W. WHEWELL, D.D., Master of Trinity College, Cambridge. Third Edition. 12s.

The Six Colonies of New Zealand. By W. FOX. 3s. With large Map by Arrowsmith, 4s. 6d.

Handbook for New Zealand; the most recent Information, compiled for Intending Colonists. 6s.

Charters of the Old English Colonies in America. With Introductions and Notes. By S. LUCAS, M.A. 4s. 6d.

Canterbury Papers. Nos. I. to VIII. 6d. each; in a wrapper, 4s. Nos. IX. and X., 1s. No. XI., with Four Views of the Canterbury Settlement, 1s. 6d.

Hints on Church Colonization. By J. C. WYNTER, M.A., Rector of Gatton. 6d.

Port Phillip in 1849. By J. B. CLUTTERBUCK, M.D., Nine Years Resident in the Colony. With a Map. 3s.

Lunacy and Lunatic Life, with Hints on the Personal Care and Management of those afflicted with Derangement. By the late Medical Superintendent of an Asylum. 3s. 6d.

The Philosophy of Living. By HERBERT MAYO, M.D., late Senior Surgeon to the Middlesex Hospital. Third and Cheaper Edition, with considerable Additions. 5s.

385 about 1000

about 1000 - 1000 - 1000
about 1000 - 1000 - 1000
about 1000 - 1000 - 1000
about 1000 - 1000 - 1000

about 1000 - 1000 - 1000

about 1000 - 1000 - 1000

about 1000 - 1000 - 1000



RECORD OF TREATMENT, EXTRACTION, REPAIR, etc.

Pressmark:

Binding Ref No: 3626

Microfilm No:

| Date | Particulars |
|---------|-----------------------|
| JUNE 70 | Chemical Treatment |
| | Fumigation |
| | Deacidification |
| | Renaissance HA Liquid |
| | Lamination |
| | Solvents |
| | Leather Treatment |
| | Adhesives |
| | Remarks |

